



## ***Apple and Golden Raisin Coleslaw***

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Serves 8

4 cups thinly sliced red cabbage  
2 cups peeled, sliced apple of your choice  
1 cup golden raisins  
½ cup sunflower seeds  
¼ cup rice vinegar  
3 tbsp extra virgin olive oil  
Salt and Pepper to taste

Combine all ingredients into a large bowl and toss to coat. Salt and pepper to taste.  
Serve and enjoy!

### **Nutritional Analysis**

Serving Size: ½ cup

Calories	150
Fat	7 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	58 mg
Carbohydrates	23 g
Fiber	3 g
Protein	2 g