

## Coleslaw

An easy favourite to accompany a salad or meal. By replacing the mayonnaise, we've made this an extremely healthy recipe.

### Cooking Aims:

- To know how to safely cut fruit and vegetables (hard and soft).
- To peel and grate foods safely.

### Ingredients:

- 1/2 a lemon
- 1/2 a savoy or white cabbage
- 1 apple
- 2 carrots
- 1/2 an onion
- 100g fat-free Greek yoghurt



### What we need to do:

- Peel the carrots and safely grate.
- Core the apple, which can be peeled if preferred, then grate.
- Finely slice the red onion (adult to do this).
- Quarter and core the cabbage, cut finely or shred.
- Mix the ingredients in a bowl with the Greek yoghurt.
- Add a squeeze of the lemon juice and mix well.

### CHALLENGE

Have a go at home and get an adult at home to send your final photos to us here at Classroom Kitchen! We'd love to showcase the healthy eating happening across the UK! You can find us on Facebook at [www.facebook.com/classroomkitchen](http://www.facebook.com/classroomkitchen) or on Twitter (@ClassroomK). Use the hashtag: #CKCookAtHome