

## Are You In?

# Coleslaw with Apples & Cranberries

### Ingredients

- 6 cups cabbage, thinly sliced
- 2 carrots, diced
- 1 red pepper, finely chopped
- 4 green onions, diced
- 2 apples, unpeeled and diced
- 2/3 cup dried cranberries or raisins
- 2/3 cups sunflower seeds

#### *Dressing ingredients:*

- 1/2 cup plain yogurt
- 1/4 cup light mayonnaise
- 1/4 cup lemon juice
- 2 tsp honey
- Salt and pepper to taste

### Directions

1. Mix all of the vegetables, apples, cranberries/raisins and sunflower seeds together in a large bowl.
2. Mix the dressing ingredients together in a small bowl and spread over the coleslaw mixture.

Note: If you don't plan to serve the whole coleslaw all at once, keep some coleslaw mixture and dressing separate and refrigerate until needed.