

Raw-Slaw - GF, SF, CF, VEG

Excellent spicy side dish! Inspired by Ecopolitan's coleslaw.

Preparation: soak pine nuts in water refrigerate overnight.

Ingredients:

1 Cabbage (red or white) - small to medium size
3-4 TBSP Raw Organic Apple Cider Vinegar
2 cups Raw Organic Pine Nuts
2 tsp. Sea Salt
Cayenne pepper to taste
1 Jalapeno Pepper - seeded
Lime Juice or water to desired consistency

Directions:

Slice cabbage put in bowl and set aside. In vita-mix or blender add pine nuts, vinegar, salt, jalapeno pepper and cayenne. Blend until smooth adding lime juice or water to desired consistency. (usually about 1/4 cup) Mix with cabbage and enjoy!

Variations:

Add carrots
Use red and white cabbage
Add pineapple or apples
Add craisins or raisins

Submitted by: Raj (From Mind, Body, & Spirit, LLC)