

Cabbage Slaw

Dressing

½ cup mayonnaise or olive oil (if allergic to eggs)
2 Tbsp. apple cider vinegar
1 Tbsp. honey
1 tsp. prepared mustard
1 garlic clove, minced
¾ Tbsp. poppy seeds
Juice of half a large lemon
Salt and pepper to taste

Whisk together dressing ingredients.

Salad

2 small carrots thinly sliced
½ cup golden raisins
2 green onions thinly sliced (optional)
½ c. chopped pecans or peanuts
¾ of small to medium head of purple cabbage (approximately 3 pounds), thinly sliced

Combine dressing with salad ingredients.

Cover and refrigerate for at least 1 hour.



**Nutritional
Weight & Wellness**

St. Paul | Wayzata | North Oaks | Lakeville | Maple Grove | 651-699-3438 | weightandwellness.com

© 2014 Nutritional Weight & Wellness, Inc. | Website recipe

Healthy Mayonnaise

1 large egg yolk at room temp
½ tsp. mustard, dry or prepared
(optional)
½-1 Tbsp. apple cider vinegar or lemon
juice
¼ tsp. salt
¾ c. expeller-pressed oil
White pepper to taste (optional)

Beat egg yolk in a large bowl for 1 minute on low speed using a blender or hand-held egg beater until it is thick.

Add the mustard, vinegar, and salt and beat for another 30 seconds.

Slowly drizzle oil into the egg mixture with the blender/beater on high. This will take several minutes. Do not stop blending or beating until the mixture thickens.

Taste your mayonnaise and season with extra salt, pepper and vinegar as desired.

Store in a glass jar in the refrigerator for up to 3 weeks.



**Nutritional
Weight & Wellness**

St. Paul | Wayzata | North Oaks | Lakeville | Maple Grove | 651-699-3438 | weightandwellness.com

© 2014 Nutritional Weight & Wellness, Inc. | Website recipe