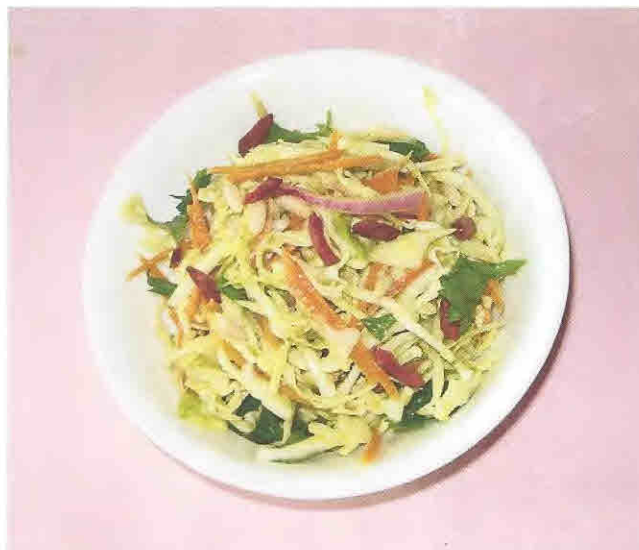


## Cabbage and Carrot Coleslaw w/Avocado Dressing

1) Put in a large bowl,  
 ½ cup red onion slices, and add  
 2 Tbsp of vinegar and mix (to reduce the  
 hot taste of onion).

2) To make the avocado dressing, blend the  
 following items in a blender, till smooth  
 texture.

- 1 avocado, large/medium size, cut into  
 chunks
- ⅓ cup lemon juice
- ¼ cup pear juice
- ¼ tsp garlic powder
- ¼ tsp ground cumin
- ¼ tsp sea salt



3) Combine following vegetables with red onion slices in to the large bowl:

- 4 - 6 cup shredded green cabbage
- 2 cup thinly sliced carrots.
- ¼ cup chopped cilantro leaves

4) Pour avocado dressing and toss gently to mix. Sprinkle

- ¼ cup sliced almonds
  - ¼ cup dried berries such as goji berries, blue berries, cranberries or raisins.
- Adjust the taste with pinch of salt and /or other seasonings (optional).

**Makes 6 Servings**

Nutrition per Serving			
Calories (kcal)	89	Calcium (mg)	58
CHO (gm)	17	Iron (mg)	0.7
Protein (g)	2	Zink (mg)	0.4
Fat (g)	2	Sodium (mg)	160
Fiber (g)	4	Potassium (mg)	330