**Coleslaw**

**Ingredients**  
¼ white cabbage

**Complexity**: low-medium

1 carrot

1 medium apple

2 x 15ml spoons of low fat mayonnaise

**Equipment**

Chopping board, sharp knife, vegetable peeler, grater, mixing bowl, measuring spoon, mixing spoon.

**Method**

1. Prepare the vegetables:
   * shred the cabbage;
   * top and tail, then peel and grate the carrot;
   * core and grate the apple.
2. Place the cabbage, grated carrot and apple in the mixing bowl and add the low fat mayonnaise.
3. Mix all the ingredients together.

**Top tips**

* Instead of using only low fat mayonnaise experiment with different combinations of low fat mayonnaise mixed with low fat plain yogurt, fromage frais or crème fraiche.
* Try adding other vegetables such as onion or celery. Why not try making a super salad?
* You can use lots of different ingredients such as fruit, meat, fish, potatoes or rice.

**Food skills**

* Measure.
* Shred.
* Trim.
* Peel.
* Grate.
* Core.
* Mix.