



Purple Coleslaw

INGREDIENTS

- 1 purple cabbage
- 1 yellow pepper
- 1 blood orange, or a regular juicing orange 1/2 lemon
- 1-2 TBSP cilantro, chopped
- 1 TSP raw honey
- 2 TBSP extra-virgin olive oil
- 1/4 TSP cayenne pepper (optional)
- Sea salt and pepper to taste

DIRECTIONS

Shred or coarsely chop purple cabbage and yellow pepper and combine in a mixing bowl. Juice the orange for the dressing. Add honey, cayenne pepper, salt and pepper. Whisk the ingredients until the honey is blended. Add extra-virgin olive oil while mixing with the fork. Add chopped cilantro and pour into the cabbage mixture. Toss and let it sit for 15 minutes in the refrigerator before serving. Makes 6 servings; 80 calories each.