

APPLE AND CABBAGE SALAD



Apple and Cabbage Salad



The first time I heard about this recipe, I wasn't too sure if my family would like the combination of cabbage and apple. But I enjoy trying and experimenting new things and recipes, so I decided to give it a try. It was a hit at home. In addition, cabbage has so many health benefits. Among others, it is packed with Vitamin C and is known to help reduce inflammation as well as to improve digestion. So I encourage you to give it a try.

Grate the cabbage, then cut it into smaller pieces. You can use a knife, a mandolin or a vitamix.

Ingredients

- Cabbage (the amount equivalent to 1 large apple), or about 110 grams.
- 1 large apple
- 1/2 C **home made yogurt**
- 1/2 sour cream
- 5 tsp of honey
- 4 Tbsp of raisins
- 1 pinch of **good quality salt** (optional)

Kitchen Equipment

- Cutting board
- Measuring spoon
- Measuring cups
- Bowl to mix



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Peel the apple. Core it and cut it into small pieces. There is a really cool gadget that can help you peel, core and cut an apple easily and quickly. See which one it is in my [Apple Sauce](#) recipe).



In a container mix the yogurt, and sour cream. Then add a pinch of salt and honey. Feel free to adjust the amount of honey for your taste.



The raisins add sweetness to this salad. To make them softer, slightly fry them in a little bit of butter. They will turn light brown. They easily burn, so don't over fry them.



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Enjoy a delicious Apple and Cabbage salad! This recipe makes 2 adult servings or 3 child servings.



Combine all the ingredients together (the mix from the step above, the apple, the cabbage and the fried raisins). Mix well.

