

## Seaweed “slaw”

Serves 4-6



Simply Nutrition



### Ingredients

1 small red cabbage, outer leaves removed and then finely shredded  
1 small white cabbage, outer leaves removed and then finely shredded  
2 carrots, grated  
1 cup dulse seaweed, soaked and sliced  
1 tablespoon of fresh orange juice  
1/2 cup apple cider vinegar  
1 tablespoon of caraway seeds  
Sea salt and freshly ground pepper to taste

### Method

Combine all the above ingredients in a bowl and serve cold.

This dish contains a wide spectrum of essential vitamins, minerals and plant nutrients. It is particularly rich in vitamin C (provided by the seaweed and orange juice), an array of plant antioxidants, as well as beneficial fibre and plant protein.

**GLUTEN FREE**

**WHEAT FREE**

**DAIRY FREE**

# SUPERFOODS

“ a nutrient-rich meal with a wide spectrum of vitamins, minerals and antioxidants for health and vibrancy ”