

## SWEET RADISH SLAW

### *Ingredients:*

8 medium radishes, grated  
½ small red cabbage (or white), grated  
2 medium carrots, grated  
1 medium apple, grated  
2 Tbsp fresh cilantro, chopped finely (optional)

### *The dressing:*

2 Tbsp apple cider vinegar (or lemon juice)  
3 Tbsp olive oil  
½ tsp sugar  
½ tsp cinnamon powder

### *Instructions:*

- Whisk together the apple cider vinegar, olive oil, sugar and cinnamon powder.
- Toss all the other ingredients in a bowl and mix.
- Mix in the dressing. Serve chilled.

Serves 4

**Tip:** you can make many variations of this particular recipe. For the vegetables, you can mix and match celery, green or red onion, red and yellow peppers. Fruits such as raisins, pineapple and mango can be added for a sweeter taste. To change up the dressing, add 1 tsp of brown mustard paste and/ or yogurt. Enjoy!



### **Good to know**

The names *cilantro* and *coriander* are used interchangeably. Technically, cilantro refers to the green herb leaves while coriander refers to the seeds of the herb (used as a spice). To keep cilantro fresh, place the stems in a glass jar filled with cold water. Cover the leaves with a food graded plastic bag and refrigerate. It will last for about a week. Keep the coriander seeds in an airtight container to maintain freshness.