

Cabbage Fennel Apple Slaw

Serves: 4 | Prep Time: 15 minutes

Batch: enjoy fresh

3-4 cups (300 g) red cabbage, shredded
1 fennel bulb, finely sliced
1 Granny Smith apple, chopped
1 cup (50 g) packed pea shoots, chopped
1/3-1/2 cup (70-125 mL) Anti-inflammatory Dressing

1. To shred cabbage, you can either slice finely with a large knife, or use a slicing disk in a food processor.
2. Place all the chopped ingredients into a mixing bowl. Add 1/3 cup (70 mL) of Anti-inflammatory dressing, mix well and taste. Add more dressing if desired.

Description: The pea shoots in this recipe are a good source of DAO to help break down histamine. These shoots are delicious and nutrient dense. They add to the beautiful colour combination in this salad.

Tip: You can grow your own pea shoots. Make sure if you give this a try that you only eat the shoot – not the full sprout with the seed attached.

