

Apple and Golden Raisin Coleslaw



Recipe Courtesy Chef Bryan Woolley

- 4 cups thinly sliced red cabbage
- 2 cups peeled, sliced apple of your choice
- 1 cup golden raisins
- ½ cup sunflower seeds
- ¼ cup rice vinegar
- 3 tbsp extra virgin olive oil
- Salt and Pepper to taste

1. Combine all ingredients into a large bowl and toss to coat. Salt and pepper to taste.
2. Serve and enjoy! Serves 8.

Nutrition Facts

Serving Size: ½ cup

Calories	150
Total Fat	7g
Saturated Fat	1g
Cholesterol	0mg
Sodium	58mg
Carbohydrate	23g
Dietary Fiber	3g
Protein	2g

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