



## Ingredients

- ¼ white cabbage
- 1 medium apple
- 1 carrot
- 2 x 15ml spoons of low fat mayonnaise



## Equipment

Colander, chopping board, sharp knife, vegetable peeler, grater, mixing bowl, measuring spoons and mixing spoon.



## Method

1. Shred the cabbage into thin strips.
2. Top and tail the carrot, then peel and grate.
3. Core and grate the apple.
4. Place the cabbage, grated carrot and apple in the mixing bowl and add the low fat mayonnaise.
5. Mix all the ingredients together.



## Handy hints

- Wash the fruit and vegetables before use.
- Instead of using only low fat mayonnaise experiment with different combinations of low fat mayonnaise mixed with low fat plain yogurt, fromage frais or crème fraîche.
- Try adding other vegetables such as onion or celery.
- Why not try making a super salad? You can use lots of different ingredients such as fruit, meat, fish, potatoes or rice.