MONDAY Nutrition

Sweet and Savory Fall Slaw



Ready in **10 minutes**Serves **2 - 3 people**

Ingredients

- 1 bulb kohlrabi peeled and grated (into slaw size pieces
- 3 carrots peeled and grated (into slaw size pieces)
- 1 apple peeled and grated (into slaw size pieces)
- ¼ cup of dried cranberries
- ¼ cup of roasted pumpkin seeds
- 4 tbsp extra virgin olive oil
- 2 tbsp apple cider vinegar
- 2 tbsp maple syrup
- Salt to taste (approx ¼ teaspoon)

Preparation

- 1. In a medium mixing bowl, add grated kohlrabi, carrots, apple, pumpkin seeds, cranberries and mix together.
- 2. In a separate small mixing bowl, add olive oil, apple cider vinegar, maple syrup and salt. Whisk with fork until well blended.
- 3. While whisking dressing, pour over salad to prevent separation. Mix together with salad. Add extra ingredients from dressing if desired (if you would like it sweeter for example)
- 4. Enjoy!