



## APPLE CRANBERRY COLESLAW

**SERVES: 4** (approx. 1¾ cup each) Prep Time: 5 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1½ 1 1 ½ 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1½ 1 1 ½ 1

**4 cups** shredded green cabbage  
(approx. ½ medium head)

**1 cup** shredded carrots  
(approx. 2 medium)

**1 cup** red bell pepper, cut into  
matchstick-sized pieces

**2 cups** apples, cored and chopped  
(approx. 3 medium)

**½ cup** sliced almonds

**½ cup** dried cranberries

**1½ cups** **FIXATE Apple Vinaigrette**  
(see separate recipe for  
**FIXATE Apple Vinaigrette**)

1. Place cabbage, carrots, bell pepper, apples, almonds, cranberries, and vinaigrette in a large mixing bowl; toss to combine.
2. Divide coleslaw evenly among four plates and serve immediately, or let it marinate in refrigerator for one hour or more before serving. Store leftover coleslaw in an airtight container in the refrigerator for up to 4 days.

### RECIPE NOTES:

- This coleslaw can be served immediately, but it's best after an hour in the refrigerator.
- The FIXATE Apple Vinaigrette tastes great on other salads as well.

**NUTRITIONAL INFORMATION** (per serving): Calories: 339 Total Fat: 17 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 36 mg  
Carbohydrates: 49 g Fiber: 9 g Sugars: 36 g Protein: 4 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



## APPLE VINAIGRETTE

**SERVES: 12** (approx. 2 Tbsp. each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½

<b>2 cups</b>	<b>apples, peeled and roughly chopped (approx. 3 medium)</b>
<b>3 Tbsp.</b>	<b>olive oil</b>
<b>2 Tbsp.</b>	<b>cold water</b>
<b>2 Tbsp.</b>	<b>apple cider vinegar</b>
<b>1 clove</b>	<b>garlic</b>
<b>¾ tsp.</b>	<b>onion powder</b>
<b>1 Tbsp.</b>	<b>pure maple syrup</b>
<b>1-inch slice</b>	<b>fresh ginger, peeled and finely chopped (or 1 tsp. dried ginger)</b>
<b>¼ cup</b>	<b>carrot, roughly chopped (approx. ½ medium)</b>
<b>½ tsp.</b>	<b>sea salt (or Himalayan salt)</b>

1. Place apples, olive oil, water, vinegar, garlic, onion powder, maple syrup, ginger, carrot, and salt in a blender; blend until smooth.

**NUTRITIONAL INFORMATION** (per serving): Calories: 50 Total Fat: 3.5 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 0 mg Carbohydrates: 5 g Fiber: 1 g Sugars: 3 g Protein: 0 g

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