

Cabbage Coconut Slaw

- 1 cup purple cabbage, shredded
- 3 cups green cabbage, shredded
- 2 medium carrots, shredded
- 1/2 small red onion, sliced thinly into strips
- 1/2 cup chopped fresh parsley
- 1 cup coconut milk
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon celery seed
- 1 tablespoon fresh lime juice
- 2 tablespoons olive oil
- 1/4 teaspoon cayenne pepper

Toss cabbage, carrots, onion and parsley together in a bowl. In a separate bowl, mix coconut milk, Himalayan crystal salt, celery seed, lime juice, olive oil and cayenne pepper. Toss dressing with cabbage mixture. Let it sit and chill for awhile before serving to allow the flavors to blend.

Makes 10 servings. Serving size 1/2 cup.

from Swanson's organic foods