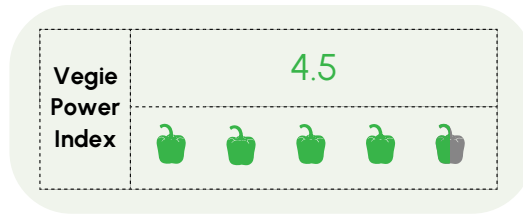


Crunchy Coleslaw



| Recipe classification | ACT | NSW | NT | QLD | SA | TAS | VIC | WA |
|-----------------------|-------|----------|-------|-------|-------|-------|-------|-------|
| | Green | Everyday | Green | Green | Green | Green | Green | Green |

PREP/COOKING TIME: 15 MINUTES

BASED ON: 10 SERVES

INGREDIENTS

| | SERVES 10 | SERVES 25 | SERVES 50 |
|---|-----------|-----------|-----------|
| Medium cabbage, shredded | ½ | 1 ¼ | 2 ½ |
| Carrots, grated | 1 ½ | 4 | 8 |
| Spring onions, sliced | 3 | 6 | 12 |
| Celery sticks, finely sliced | 1 ½ | 4 | 8 |
| Sunflower seeds | 50 g | 125 g | 250 g |
| Reduced-fat natural yoghurt or mayonnaise | 100 mL | 250 mL | 500 mL |

METHOD

1. Combine all ingredients in a large bowl
2. Refrigerate before serving