



Creamy Slaw Dressing

Makes approx. ½ a cup

This is a super easy alternative to traditional salad and slaw dressings, full of health-giving fats with the added benefits from coconut yoghurt!

Whether you are making a conscious decision to remove dairy from your diet or if you are intolerant or allergic to lactose, coconut yoghurt is a healthy alternative and a great source of many nutrients and often has gut-loving probiotic cultures added to it.

- High in vitamin C
- High in Iron, magnesium, potassium, and selenium
- Source of lauric, capric and caprylic acid
- May help control weight
- May reduce the risk of atherosclerosis
- May boost immunity and reduce inflammation
- May help lower cholesterol



Difficulty Level: Easy

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

INGREDIENTS

- 1 tbsp apple cider vinegar
- 2 tbsp oil (I like a mix of olive and flaxseed oil)
- 3 tbsp ZENZO plain Coconut Yoghurt
- 1 tbsp Dijon mustard
- 1 pinch salt & pepper
- 1 tsp dried, mixed herbs
- ¼ tsp garlic powder

HOW TO MAKE

1. Place all of the ingredients in a jar with a lid and shake vigorously to combine.

HOW TO SERVE

Drizzle over your favourite salad or add to some finely sliced green and red cabbage, and grated carrot to make a healthy nutrient rich slaw!