

Apple and Sour Cream Coleslaw



Serves	3
Prep time	10 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Gluten Free , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Salad , Side Dish
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Barbecue

Ingredients

- 1 cup Red Cabbage (finely sliced)
- 1 cup Green Cabbage (finely chopped)
- 1 Red or Golden Delicious apple (peeled and grated, excess liquid squeezed out)
- 3 - 4 heaped tablespoons Light sour cream

Directions

1. Combine the cabbage and apple in a medium sized bowl.
2. Stir through the sour cream and mix until the cabbage and apple are well covered. Add more if required.
3. Store covered in the fridge until ready to serve.

Note

Moderate Salicylates, Low Glutamates, Low Amines

Natural Yogurt can be used instead of sour cream. If the yogurt is fresh it will be low in amines, otherwise yogurt is treated as moderate amines.