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Sweet Broccoli Slaw

Never heard of Broccoli Slaw? It's a great source of Vitamin A and C and is available in the produce section of your grocery store. It's shredded pieces of the stems of broccoli. Many kids like it better than the florets and it works great in salads! Here's another great way to get your kids to eat fruits and vegetables! Again, buying the carrots already shredded saves time and adds crunchiness that makes all the difference.

Ingredients:

2 cups broccoli slaw
1 cup store-bought shredded carrots
1 large Granny Smith apple, cored and diced
½ cup raisins
1 Tablespoon fresh lemon juice
½ cup nonfat vanilla yogurt
½ teaspoon ground cinnamon or to taste (optional)

Preparation:

1. Combine broccoli slaw, carrots, apple, raisins and lemon juice. Stir well.
2. Add yogurt and stir again.
3. Sprinkle with cinnamon and serve.

Makes 10 ½-cup servings.

Nutrition Information per ½-cup serving:

54 calories, 0g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 13g Carbohydrate, 2g Fiber, 1.5g Protein, 23mg Sodium

Recipe courtesy of:

Jill West, RDN, speaker, author and Registered Dietitian Nutritionist. Jill has a private practice in Lafayette, CA and provides nutrition consultations in-person and by phone, helping adults, families and student athletes achieve their health and performance goals.

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