

# Manx vegetable salad

## Ingredients

### Equal volumes of:

Raw cabbage, finely shredded

Raw carrot, finely shredded or grated

Raw apple, fine shredded or grated



Easy, tasty salad without lettuce

### To taste:

Pecan nuts

Sunflower seeds

### To taste:

Dressing:

1 tablespoon olive oil

1 tablespoon cider vinegar

1.2 tsp ground black pepper

## Method

1. First make the dressing and shake well. You can double this up if using a lot of vegetables.
2. Mix together all the other ingredients.
3. Add the dressing.

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