



# 60 Days to Reclaim YOUR Health

## SPROUT SLAW

From *Thank God for Raw* by Julie Wandling

### Salad

- 1-2 heads cabbage, shredded
- 2 cups sprouts (alfalfa, clover, radish, or others)
- 1 onion, sliced into thin rings
- 1 Tbsp poppy seeds (optional)

### Dressing

- 1/4 cup raw honey
- 1/4 cup apple cider vinegar
- 1/4 cup walnut or olive oil
- 1/4 cup water

1. Prepare early in the day for dinner.
2. Mix dressing, pour over salad and allow to sit in fridge for 6 hours, stirring often.

**A nutritionally-boosted twist on coleslaw; sprouts are packed with nutrients and bursting with flavor. You won't want to wait for it to marinate!**