

Creamy coleslaw

Serves 4-5



Ingredients

4 tablespoons plain low-fat natural yoghurt
2 teaspoons mustard
1 tablespoon fresh lemon juice
350g/12oz/½ medium white cabbage, thinly sliced
50g/2oz/2 medium carrots grated
½ medium red onion, thinly sliced
Sprinkle of black pepper

Method

1. Mix together yoghurt, mustard and lemon juice in a large bowl.
2. Add remaining ingredients and mix well.
3. Season coleslaw with pepper if needed.

Coleslaw may be prepared one day ahead but add the wet ingredients just before serving. Keep in the refrigerator.