

Creamy Fennel Coleslaw with Carrots & Apple

eatrealfoodacademy.com



Serves 6

Ingredients

Creamy Dressing:

1 tsp honey

2 Tbsp apple cider vinegar

1/4 cup homemade mayonnaise

Pinch of salt

Fennel Slaw:

3 large carrots, julienned or shredded

1 fennel bulb, julienned or shredded

1 apple, julienned

1/4 cup fennel greens, chopped

1 Tbsp poppy seeds

Salt to taste

Preparation:

In a small bowl, whisk the honey and cider vinegar.

Add the mayo and continue to whisk.

Add a pinch of salt and whisk again.

Keep refrigerated until use.

In a medium serving bowl, toss the carrots, fennel and apple together.

Add the fennel greens, poppy seeds, salt and dressing.

Toss to combine all ingredients and refrigerate until serving.