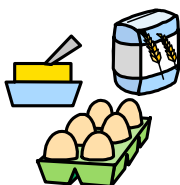




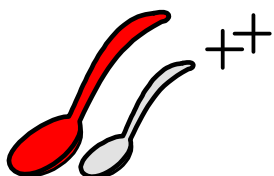
Coleslaw



Ingredients

6

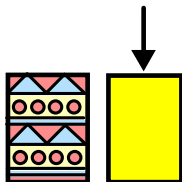
x



6

x

tablespoons



plain



yoghurt

1/2

1/2



teaspoon

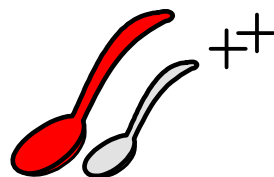
dijon



mustard

2

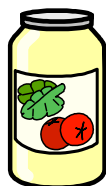
x



2

x

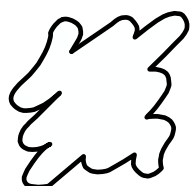
tablespoons



mayonnaise

1/2


1/2

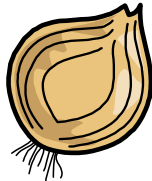


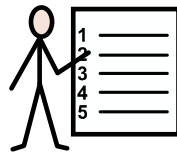
white








cabbage



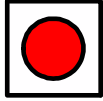


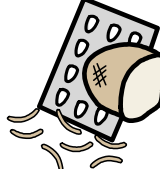

2 **x**  ++
2 x carrots


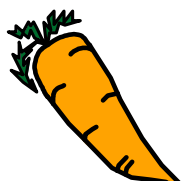
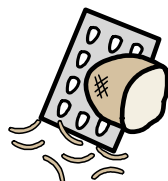


$\frac{1}{2}$ **x** 
 $\frac{1}{2}$ x onion



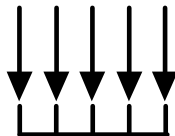




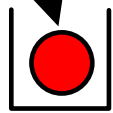


METHOD

1     **+** 
1. Mix the yoghurt, mustard and mayonnaise

      
together in a bowl. Grate the

 **+**  ++   
cabbage and carrots. Grate the onion.

2        
2. Put all the grated vegetables into



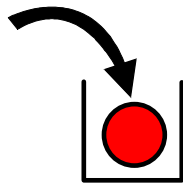
bowl



and



stir



into



the



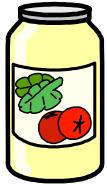
yoghurt,



mustard



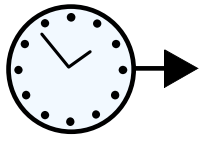
and



mayonnaise



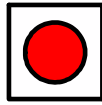
mixture .



Will



keep



in



the



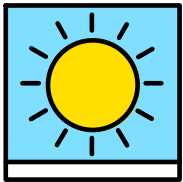
fridge



for

3

3



days.

