



Store pre-washed carrots in the bottom of your fridge. Unwashed carrots can be stored in a dry (unheated) basement in paper bags for several weeks. The soil keeps them dormant so preserving the nutritional value of the roots. Remove the top of the carrot.

- Scrub all carrots - if they are organic you can then prepare as you wish.
- Non-organic carrots should be peeled and tip of the carrot cut off.
- Carrots can be grated and mixed with other salad ingredients and served with a light dressing.
- Grated carrots are good in sandwiches with savoury spreads, pâtés etc.



Coleslaw

Preparation time: about 15 minutes

Serves

6

Ingredients

- 1/2 medium white or green cabbage
- 3 medium carrots
- 1 small onion
- 1/2 cup mayonnaise
- 1/2 cup natural low fat yoghurt

You could also add other ingredients like apple, pineapple, grapes, peppers, beetroot, cheese, fresh coriander, chives or spring onion.

Method

- Cut the cabbage into quarters through the stalk then cut out the stalk. Shred finely.
- Peel the carrots if not organic and grate through a coarse grater.
- Peel and finely chop the onion.
- Mix together in a large bowl then mix in the remaining ingredients.

This stores well in a covered container in the fridge for several days. You can experiment with this basic recipe and include grated apple, pineapple, grapes, peppers, beetroot, cheese, fresh coriander, chives or spring onion.