

Horseradish Slaw

Ingredients

- 2 cups cabbage, finely chopped
- ¼ cup apple cider vinegar
- 3 tablespoons hCG approved broth (beef, vegetable, or chicken)
- 1 tablespoon Bragg's liquid aminos
- 1 tablespoon lemon juice
- 1 tablespoon red onion, minced
- ¼ teaspoon horseradish or to taste
- Pinch of celery seeds
- Sea salt and black pepper to taste

Makes 1-2 servings (1 vegetable)

2 grams protein

0.5 gram fat

60 calories

PHASE 3 MODIFICATIONS:

¼ cup mayonnaise.
Omit the lemon juice
and vinegar.

Directions

1. Chop up cabbage finely. Discard any tough parts of the cabbage.
2. *In* a small bowl combine the liquid ingredients, horseradish, and spices.
3. Toss dressing mixture with cabbage.
4. Allow to marinate for at least an hour or overnight.

