

BROCASLAW

INGREDIENTS

- 2 pkgs Brocaslaw mix (12 oz)
- 1 Purple cabbage (small) (chopped in strips)
- 6 Scallions (green onions) (chopped)
- 1/4 C Smart Beat mayonaise (fat-free) (add less or more to your taste)
- Salt & pepper (to taste)
- Garlic salt (to taste) (you won't need this if you're using garlic vegetanais - see below)
- Water
- Sesame seeds (toasted)



DIRECTIONS

- 1 Put brocaslaw mix, purple cabbage & chopped scallions in a deep bowl
- 2 In a 1 cup measuring cup, add mayo, salt, pepper, garlic salt & pepper (to taste)
- 3 Whisk together & pour over the brocaslaw mixing well
- 4 Taste to see if you need more salt
- 5 Chill for at least an hour before serving

NOTES

- 1 Toast sesame seeds in a pan without any non-stick cooking spray or oil
- 2 Below the pictures of the broccoli slaw, you'll find vegan substitutes for mayonaise
- 3 Mustard is another ingredient that you can use to change the flavor of the brocaslaw



VEGAN SUBSTITUTES FOR MAYONNAISE



