

# APPLE AND BRUSSELS SPROUT SLAW



## INGREDIENTS

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| 1 pound Brussels sprouts, halved and thinly sliced     | 1/4 cup almonds, slivered or sliced and toasted golden brown |
| 2 medium local honey crisp apples, cored and julienned | 1 tablespoon parsley, chopped                                |
| 1 medium carrot, peeled and shredded                   | 3 tablespoons vegan mayonnaise                               |
| 1/2 cup red onion, julienned                           | 2 tablespoons unfiltered apple cider vinegar                 |
| 1 red bell pepper, cored and julienned                 | 1 tablespoon sugar   |
|  | Salt and pepper to taste                                     |

## DIRECTIONS

- In a bowl mix the mayonnaise with the sugar and vinegar; add a bit of salt and pepper to taste.
- Then add the Brussels sprouts, apple, onion, bell peppers, and chopped parsley.
- Mix until combined and then add half the almonds and toss again.
- Garnish with the other half of the almonds. Serve and enjoy!