

Summer Brussels Sprouts Slaw



Prep:

5 minutes

Total:

10 minutes

Makes:

6 servings

Utensil:

Saladmaster Food Processor

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Recipe:

Contributed By:

Ana Perez

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Recipe Description:

A light and refreshing slaw that's perfect as a side salad during the warm summer months.

18 oz
brussels sprouts, shredded, use Cone #2
1 apple, shredded, use Cone #2
 $\frac{1}{2}$ - 1 tbsp
shallot, minced, use Cone #1 (according to taste)
1 lemon, juiced
3 tbsp
honey
2 tbsp
apple cider vinegar
1 avocado, cubed (optional for garnish)

Directions:

1. Using the Food Processor, shred Brussels sprouts directly into bowl.
2. Shred apple directly into bowl.
3. Mince garlic directly into bowl.
4. Shred cheese directly into bowl.
5. In a small mixing bowl, whisk together lemon, honey and lemon.
6. Pour dressing over salad and mix thoroughly to combine.
7. Serve salad and top with avocado.

Tips:

- Select a sweeter apple to balance out the tartness of the sprouts.
- Try substituting apple juice for the apple cider vinegar. Adjustments to other dressing ingredients may need to be made, according to taste.

Nutritional Information per

▼ Serving

Calories: 226
Total Fat: 10g
Saturated Fat: 4g
Cholesterol: 14mg
Sodium: 344mg
Total 27g
Carbs:
Dietary Fiber: 6g
Sugar: 16g
Protein: 11g
