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Coleslaw/Apple Slaw

Ingredients

½ head cabbage

1 apple diced (optional)

2 Tablespoons lemon juice

1 Tablespoon apple cider vinegar

¼ teaspoon garlic powder

Dash of mustard powder

Dash of cinnamon (optional)

Salt and pepper to taste

Stevia to taste

Directions

Slice cabbage in very thin strips. Toss with lemon juice and spices. Allow to marinate for 30 minutes or overnight. Add apples and a 1/8 teaspoon of cinnamon to make the apple slaw.

Makes 1-2 servings (weigh out amount needed for vegetable serving)
If using apple (will be a fruit serving as well)