

Apple Cranberry Shredded Brussels Sprouts Slaw

Ingredients:

1 apple, chopped
3 cups Brussels Sprouts, shredded
¼ cup carrots, shredded
¼ cup reduced sugar dried cranberries
2 cups of lacinato kale, chopped, ribs removed
½ cup red onion, chopped

For Dressing:

1 tablespoon honey
1 tablespoon Dijon mustard
2 tablespoon apple cider vinegar
1/4 cup Extra-virgin olive oil
Salt and pepper, to taste

For Topping:

½ cup slivered almonds toasted

Directions:

1. Combine slaw ingredients in salad bowl and toss to mix thoroughly.
2. Combine dressing ingredients in small bowl and whisk until blended.
3. Dress the slaw to taste. Top with the toasted almond slivers.