



Carrot Apple Mint Slaw With Yogurt Honey Dressing

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Ingredients

¼ cup plain, nonfat Greek yogurt
 2 tablespoons mayonnaise
 1 tablespoon lemon juice
 1 tablespoon cider vinegar
 1 teaspoon honey
 1 pound carrots, peeled
 1 Granny Smith apple, cored
 ¼ cup fresh chopped mint
 salt to taste

Nutrition Info

Servings: 4 • Calories per serving: 134 • Fat: 5g
 Fiber: 4g • Carbs: 20g • Protein: 3g • Points+: 3

Instructions

In a small bowl whisk together the yogurt, mayonnaise, lemon juice, vinegar and honey until smooth. In a food processor, grate the carrot then the apple. Transfer to a large serving bowl and toss with the dressing. Mix in the chopped mint and season with salt if necessary. This can be made ahead and stored in the fridge for 3 days in an air tight container.