

CABBAGE SLAW DRESSING

This cooling and gut nourishing dressing for veggies and a cabbage coleslaw is a fun and healthy twist on dips and dressings!

SERVINGS	SERVING SIZE	TIME TO MAKE
12	4 TEASPOON	4 MINUTES

INGREDIENTS

- 1/4 cup Stone Ground Mustard
- 2 Tablespoon Apple Cider Vinegar
- 1 Tablespoon White Vinegar
- 1 Tablespoon Red Wine Vinegar
- 1 teaspoon Celery Salt
- 1 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 2 Tablespoons plain Kefir
- 1 cup crumbled Blue Cheese
- 1 cup Parsley, chopped

DIRECTIONS

1. In a separate bowl or 8 oz mason jar, add mustard, vinegars (apple cider, white, and red wine), celery salt, salt, and black pepper. Mix in bowl or if using a mason jar, secure with a lid and shake.
2. Add kefir, mix or shake, respectively.
3. Chop fresh parsley. Add parsley and blue cheese crumbles and mix in bowl or shake in jar.
4. This can be stored in mason jar in the refrigerator for up to three days.
5. Enjoy!

Nutritional Information per serving: 44 Calories, 3 grams Fat, 0 gram Saturated Fat, 9 mg Cholesterol, 327 mg Sodium, 1 grams Total Carbohydrates, 0 gram Fiber, 0 grams Sugar, 3 grams Protein, 17% Vitamin A, 7% Vitamin C, 5% Calcium, 2% Iron