

# Lauren's Kitchen: Chopped Cabbage Slaw

✘ I think it is all of the possible variations to this recipe that I love the most. But then again I also love the fact I can make extra and it tastes even better the next day! Whatever the case may be you will no doubt need to add this chopped cabbage slaw from The Blender Girl to your weekly salad rotations. Right now several varieties of organic cabbage are available in the markets so stock up on a few to try.

## Basic Ingredient List:

- 1/2 red cabbage
- 1/2 white cabbage
- 2 bunches continental flat leaf parsley
- 1 bunch kale
- 2 – 4 carrots
- 8 – 12 green spring onions

## Some of my favorite add-ins:

- Roasted sunflower seeds
- Shelled chopped pistachios
- Pomegranate kernels
- Chopped green apple
- Soaked golden raisins
- Sliced dates

## Dressing:

- 1 cup cold pressed extra virgin olive oil
- 1/4 cup raw cashews soaked for about 4 hours
- 1/8 cup of fresh lemon juice or more to taste (*can sub with rice vinegar or other citrus juices and coconut aminos is also a good addition*)

- 2 to 4 cloves garlic (*can sub with green onions or shallot*)
- a pinch of Celtic sea salt, plus more to taste
- Fresh chopped herbs

Complete instructions here.