

Mindful Slaw

Chopping these gorgeous vegetables is a perfect opportunity to practice mindfulness in simple everyday kitchen tasks. Take your time and appreciate the gift of this present moment.

Ingredients

Salad

- 1 large or 2 medium kohlrabi, peeled and cut into matchsticks
- 2 medium carrots, grated
- $\frac{1}{2}$ medium red cabbage sliced thin
- $\frac{1}{2}$ cup of toasted chopped nuts and or seeds

Dressing

- $\frac{1}{2}$ cup vegan mayo
- $\frac{1}{2}$ cup of toasted chopped nuts and or seeds
- 1.5 tabl coconut vinegar
- 1-2 tabl maple syrup or 2 dates
- Salt and Pepper to taste
- $\frac{1}{4}$ water to thin to desired consistency

Mix prepared vegetables in a large bowl. Blend all dressing ingredients in a high-speed blender or with an immersion blender, thinning with water to reach the desired consistency.

Cover vegetables with dressing and allow to sit at room temperature or in the fridge for an hour before serving.

Enjoy!