



Perfect Plant Salad



Ingredients



$\frac{1}{4}$

white



cabbage

2 x

2

x

sticks



celery

1



1

carrot

1 x

1

x

15ml



spoon

of



low fat



mayonnaise

1 x

1

x

15ml



spoon

of plain



yogurt.



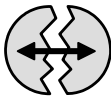
Method

1



1. Remove the core from the cabbage.

2



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2. Separate the cabbage leaves and cut them into strips



with the scissors.

3

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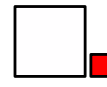


3. Top and tail the carrot, then peel and grate.

4



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4. Cut the celery lengthways and cut into small pieces.

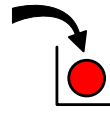
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5. Place the cabbage, carrot and celery into the



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mixing bowl.

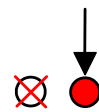
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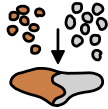
6. Add the mayonnaise and yogurt to the other



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ingredients and mix together.