

Maple Nut Cabbage Slaw

Lois Hilton - a TASTE recipe



Ingredients

½ head of cabbage,
chopped or finely grated

4 apples, chopped or
finely grated

1 cup walnuts, chopped

1 cup fresh blueberries

1 cup plain yogurt

1/3 cup maple syrup

Directions

Combine yogurt and maple syrup.

Mix the rest of the ingredients together.

Serve!