



naturopathic • acupuncture

Cabbage Kale Slaw In Simple Greek Dressing

SALAD:

½ head kale, any type, destemmed

¼ head red cabbage

SIMPLE GREEK DRESSING:

2 tablespoons apple cider vinegar

¼ cup extra virgin olive oil

½ teaspoon sea salt

1 teaspoon thyme

Thinly slice the kale and cabbage. Place kale and cabbage in mixing bowl. Add vinegar, oil, salt, and thyme, and toss well. To serve, enjoy immediately or marinate for 10 minutes to allow slaw to soften.

Source: Ani's Raw Food Kitchen

www.TrueHealthMedicine.com • 503-691-0901
8555 SW Tualatin Road, Tualatin, OR 97062



naturopathic • acupuncture

Cabbage Kale Slaw In Simple Greek Dressing

SALAD:

½ head kale, any type, destemmed

¼ head red cabbage

SIMPLE GREEK DRESSING:

2 tablespoons apple cider vinegar

¼ cup extra virgin olive oil

½ teaspoon sea salt

1 teaspoon thyme

Thinly slice the kale and cabbage. Place kale and cabbage in mixing bowl. Add vinegar, oil, salt, and thyme, and toss well. To serve, enjoy immediately or marinate for 10 minutes to allow slaw to soften.

Source: Ani's Raw Food Kitchen

www.TrueHealthMedicine.com • 503-691-0901
8555 SW Tualatin Road, Tualatin, OR 97062



naturopathic • acupuncture

Cabbage Kale Slaw In Simple Greek Dressing

SALAD:

½ head kale, any type, destemmed

¼ head red cabbage

SIMPLE GREEK DRESSING:

2 tablespoons apple cider vinegar

¼ cup extra virgin olive oil

½ teaspoon sea salt

1 teaspoon thyme

Thinly slice the kale and cabbage. Place kale and cabbage in mixing bowl. Add vinegar, oil, salt, and thyme, and toss well. To serve, enjoy immediately or marinate for 10 minutes to allow slaw to soften.

Source: Ani's Raw Food Kitchen

www.TrueHealthMedicine.com • 503-691-0901
8555 SW Tualatin Road, Tualatin, OR 97062



naturopathic • acupuncture

Cabbage Kale Slaw In Simple Greek Dressing

SALAD:

½ head kale, any type, destemmed

¼ head red cabbage

SIMPLE GREEK DRESSING:

2 tablespoons apple cider vinegar

¼ cup extra virgin olive oil

½ teaspoon sea salt

1 teaspoon thyme

Thinly slice the kale and cabbage. Place kale and cabbage in mixing bowl. Add vinegar, oil, salt, and thyme, and toss well. To serve, enjoy immediately or marinate for 10 minutes to allow slaw to soften.

Source: Ani's Raw Food Kitchen

www.TrueHealthMedicine.com • 503-691-0901
8555 SW Tualatin Road, Tualatin, OR 97062