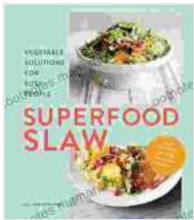


Superfood Slaw: Vegetable Solutions for Busy People

If you're looking for a quick and easy way to get your daily dose of vegetables, superfood slaw is the perfect solution. It's packed with nutrients and antioxidants, and it can be made with a variety of different vegetables, so you can customize it to your own taste.



Superfood Slaw: Vegetable Solutions for Busy People

by Jill Greenwood

★★★★☆ 4.3 out of 5

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Enhanced typesetting : Enabled
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Print length : 293 pages
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What is superfood slaw?

Superfood slaw is a type of slaw that is made with a variety of nutrient-rich vegetables. These vegetables are often referred to as "superfoods" because they are packed with antioxidants, vitamins, and minerals. Some common superfoods that are used in superfood slaw include kale, spinach, broccoli, carrots, and tomatoes.

Why is superfood slaw good for you?

Superfood slaw is a great source of nutrients, including:

- **Vitamin A:** Vitamin A is important for vision, immune function, and skin health.
- **Vitamin C:** Vitamin C is an antioxidant that helps protect the body from damage caused by free radicals.
- **Vitamin K:** Vitamin K is necessary for blood clotting and bone health.
- **Folate:** Folate is a B vitamin that is important for cell growth and development.
- **Fiber:** Fiber helps to promote regularity and can help lower cholesterol levels.

How to make superfood slaw

Superfood slaw is easy to make. Simply combine your favorite vegetables in a bowl and add a dressing of your choice. Some popular dressings for superfood slaw include:

- **Lemon-tahini dressing:** Combine 1/4 cup lemon juice, 1/4 cup tahini, 1/4 cup water, 1 tablespoon olive oil, 1 teaspoon honey, and salt and pepper to taste.
- **Avocado dressing:** Combine 1 ripe avocado, 1/4 cup olive oil, 1/4 cup lemon juice, 1/4 cup water, and salt and pepper to taste.
- **Greek yogurt dressing:** Combine 1 cup Greek yogurt, 1/4 cup olive oil, 1/4 cup lemon juice, 1 tablespoon honey, and salt and pepper to taste.

Tips for making superfood slaw

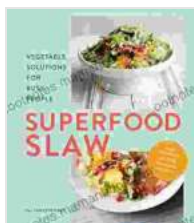
- Use a variety of vegetables to get the most nutrients.
- Chop the vegetables into small pieces so that they are easy to eat.
- Add a dressing of your choice to flavor the slaw.
- Serve the slaw immediately or store it in the refrigerator for later.

Superfood slaw recipes

Here are a few superfood slaw recipes to get you started:

- Kale Slaw
- Broccoli Slaw
- Carrot Slaw
- Tomato Slaw

Superfood slaw is a quick and easy way to get your daily dose of vegetables. It's packed with nutrients and antioxidants, and it can be made with a variety of different vegetables, so you can customize it to your own taste. So next time you're looking for a healthy and delicious way to eat your vegetables, give superfood slaw a try!



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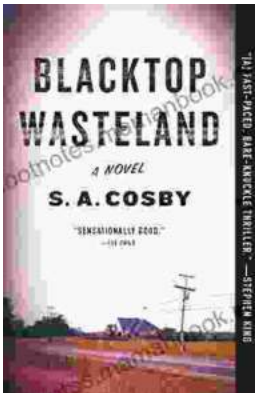
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