



Natural Life  
Choices,™ Inc.

# RED CABBAGE WITH APPLE SALAD



## INGREDIENTS:

- » 1 small red cabbage
- » 1 apple
- » 1 small onion
- » 1 lemon
- » Salt and fresh ground black pepper



## PREPARATION:

Wash and shred cabbage and then salt and press with hand and leave for about 1 -2 hours. Wash and shred apple and add to cabbage, add lemon juice and chopped onion. Mix everything and add fresh ground black pepper and salt if needed.

**Bon Appetite!**

*"I have the strength for everything through him who empowers me." (Philippians 4:13)*