

KETO COLESLAW

INGREDIENTS:

16 oz coleslaw mix, with small amount of carrots

½ cup mayonaise

¼ cup sour cream

1 tablespoon monk fruit/allulose

¼ cup heavy cream

2 tablespoons lemon juice

2 tablespoons apple cider vinegar

½ tablespoon dijon mustard

¼ teaspoon celery salt

½ teaspoon garlic salt

¼ teaspoon fresh ground black pepper

INSTRUCTIONS:

1. Add all the ingredients except the coleslaw mix into a mixing bowl and whisk together until well combined.
2. Add your cabbage mix to a bowl large enough to toss and pour over the top. Toss to combine and either serve or chill in the fridge for at least one hour, so the cabbage can absorb the flavors of the dressing.

NUTRITION FACTS:

(amt per serving)

Calories 181, Fat 19g, Sat Fat 6g, Carbohydrates 5g, Fiber 3g, Sugar 3g, Protein 3g