



Pudding Pie
Cookery School

Cookery parties and courses to suit all ages

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Healthy Coleslaw

Quarter of shredded white cabbage

2 medium sized carrots grated

1 small pink lady apple

1 heaped tbsp of light mayonnaise

1 level tbsp low fat crème fraiche

A few drops of lemon juice

Salt & Pepper



- Basically take a big bowl and mix the ingredients together, testing for seasoning.