



## FOR THE LOVE OF YOU COACHING

BY RACHEL



### *Veggie Packed Winter Slaw* (by MyMT™ - Dr. Wendy Sweet)

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#### *Ingredients*

1/4 small Savoy cabbage, thinly shredded  
1/4 small Red cabbage, thinly shredded  
1/2 bunch of Kale, stems removed and leaves thinly shredded  
2 Carrots, shredded  
1 cup Broccoli  
1/2 cup chopped Mint  
2 Tbsp Chia seeds  
Sprinkling of Sesame seeds, to serve

#### **Dressing**

1/4 cup Tahini  
6 drops Stevia liquid, or 1 Tbsp rice malt syrup  
1/2 tsp Sesame oil  
good pinch of Celtic sea salt, to taste  
1 Tbsp Apple cider vinegar  
1 Tbsp Freshly squeezed lemon juice

#### *Instructions*

1. Place all the dressing ingredients in a small bowl with 60ml (1/4 cup) of filtered water and mix with a fork.
2. Place the salad ingredients, except the sesame seeds, in a large bowl and coat with the dressing.
3. Serve and sprinkle with the sesame seeds.

Serves 4 - Any leftovers can be kept in the fridge and will taste even better the next day.

#### **Health Benefits**

Tahini is a rich source of vitamin A and methionine and contains lecithin, which reduces the levels of fat in the blood and is an environmental toxin protector. Tahini is a fantastic source of copper, magnesium, zinc, potassium, iron and phosphorus and an excellent source of calcium too. Copper has been reported to be very good for rheumatoid arthritis sufferers as it helps reduce pain and swelling.