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WATERING
vegan™**



Raw Crunchy & Zesty Coleslaw

It occurred to me that I should post some raw recipes of mine. Our diet consists of cooked food of course, but we eat a fair amount of raw food daily, even if it does come in the form of salads, fresh raw juices and smoothies, as well as a handful of raw desserts. So, I am going to include a few now and then, so that the raw vegan repertoire is also featured here for those who wish

to expand in this healthy area. This is an ideal salad to eat with most of my main courses. Or if you wish to keep it raw, eat it as is and have with a raw juice. Enjoy – it's really zesty – which as you all know I love – and it's also creamy and full of flavour. Enjoy !

INGREDIENTS FOR COLESLAW

½ white cabbage, washed and shredded

½ onion, shredded

1 carrot, sliced or shredded

1 sweet red apple, thinly sliced in rounds, for decoration (and consumption)

Garnish : I used flax seeds, but any other seeds of your choice, eg sesame, pumpkin, sunflower, would also be great – or even a mixture of all of them.

RAW MAYO

0 1 cup raw cashews, washed and drained (preferably pre-soaked for an hour or two)
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cup (250 mL) water

ice of lemon

ie zest of ½ lemon

malayan salt to taste (I used ½ teaspoon)

1 tsp raw sweetener of your choice (I used agave

<http://www.indigo-herbs.co.uk/acatalog/agave.html>)

METHOD

1. Place your shredded and sliced vegetables in a bowl.
2. Meanwhile, place your drained cashew nuts in a food processor, and process until broken down.
3. Slowly add the liquids a little at a time, and process. Continue doing this until you have added all the liquid. Then process once again for a minute or two.
4. Pour onto your coleslaw, and toss with a salad spoon and fork. Garnish, et voilà, 'tis ready for the taking! Enjoy!



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These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave us a constructive comment!

suitable for vegans, vegetarians and meat-eaters alike



**Mini Orange 'Bounty'
Truffles (Moist Centred
Mega-Orange & Coconut)**

Best-Ever Baklava



36 COMMENTS



Yvonne

September 20, 2012 at 4:37 pm

I was wondering what else to do with that head of cabbage.....This looks so good and easy. Can't wait to try it.



Miriam

September 21, 2012 at 11:04 am

Yvonne Hi there and welcome here. I hope you enjoy this Coleslaw and I would juice the head of the cabbage with apples as it might be a little bitter by itself. Best your way !



Susan Michele

September 21, 2012 at 9:15 pm

Peaceful blessings, thank you for your great messages and help in the Vegan effort. Do you have a favorite Poleta recipe?



Miriam

September 21, 2012 at 10:41 pm

Hi there Susan and welcome here. I don't have a specific polenta recipe – but it has featured in this recipe of mine <http://www.mouthwateringvegan.com/2011/03/10/polenta-garden-pizza-to-live-for/> Very best wishes your way and look forward to your

future comments on my blog !



Torwen

September 21, 2012 at 11:59 pm

Love your coleslaw 😊

I mostly use store-bought vegan mayonaise but your cashew mayo sounds very tempting.

Will try for my next slaw 😊 Thanks for posting!



Miriam

September 22, 2012 at 11:56 am

Hi there Torwen and thanks for dropping by here with your comment. I shall look forward to your feedback on this as well as your comments here on my blog – Best wishes your way in the meantime !



Deborah

September 22, 2012 at 3:44 pm

I can't wait to try this with the 'raw mayo'. It sounds delish! 😊



Miriam

September 22, 2012 at 4:08 pm

Hi Deborah, it truly is delish ! Let me know what you think as and when though ! Cheers !

**Karen***September 24, 2012 at 4:37 pm*

Thanks for this delicious looking recipe. Can't wait to bring it along to ur next "potluck". I so enjoy sharing vegan recipes for others to try!

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Shares**Miriam***September 24, 2012 at 6:38 pm*

Hi there Karen and welcome here. I am delighted that you have dropped by here with your comment. I look forward to your future comments and feedback on my blog. Best wishes your way in the meantime !

**Chloe***September 25, 2012 at 5:30 pm*

I'm going to make this for my coleslaw-loving husband tomorrow! Looks yum!

**Miriam***September 25, 2012 at 6:54 pm*

Chloe Hi there and welcome here. I am glad that you are going to make this for your husband and i very much look forward to your feedback on it. Remember when it comes to salt and lemon (can be made with vinegar too) that it's down to personal taste, so do taste before serving ! Best wishes you you and I look forward to your future comments on my site !



**Kathy***September 25, 2012 at 7:40 pm*

This sounds amazing but I'm allergic to nuts – is there a good substitute for the cashews? Probably could use Vegemise as an alternative but wanted to get your thoughts. Thanks!

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Shares**Miriam***September 25, 2012 at 8:54 pm*

Hi there Kathy and welcome here. I think that a vegan mayo is a faster and a more sensible and convenient option. Let me know how it goes Kathy. Best wishes your way and I will be posting a few more easy to make raw dishes, so stay tuned. Cheers !

**Christine***September 26, 2012 at 12:19 am*

Making this now. Looks awesome! Thanks!

**Miriam***September 26, 2012 at 10:18 am*

Hi Christine and welcome here. I hope you enjoyed the raw coleslaw ! Best your way !

**meg***October 1, 2012 at 12:09 am*

hey there, a friend introduced this recipe last week, and we really enjoyed it, so I decided to try it again, but with my own spin by adding: half almond/cashew mayo, sliced green

onions, grated fresh ginger, and a splash of seasoned rice vinegar. it came out terrific!!!

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Miriam

October 1, 2012 at 2:39 am

Hi there Meg and glad you enjoyed my recipe. Sounds like your few subs also work well.
Best wishes !



melissa

October 3, 2012 at 8:33 pm

i have dressing leftover. it is delicious but i can't figure out what else to use it for. any suggestions?
thanks for all the great recipes!



Miriam

October 3, 2012 at 8:56 pm

Melissa Hi there and glad you enjoyed this. I don't know whether you are on a raw diet, in which case eat up with raw veggies – crudites, add some finely chopped garlic to it and whether you eat raw or cooked food, you can use it to dip anything in it, from crackers, to cooked potatoes or any other steamed veggies of your choice. Hope this helps. Cheers !



Leicester Wholefoods

March 11, 2013 at 9:48 am

Do the Flax seeds need soaking first in order to aid digestion Miriam?

**Miriam***March 11, 2013 at 11:28 am*

Hi there Paul – thanks for dropping by here. You can eat them as they are for greater fibre benefits or pre-soaked. Here is a useful link for you to browse for further info – hope this helps <http://www.livestrong.com/article/480904-what-are-the-benefits-of-soaking-ground-flaxseeds/> Cheers ! 😊

ingback: Top 25 Raw Vegan Salad Recipes | Raw Vegan Power

**Miriam***June 14, 2013 at 11:41 pm*

Thanks for the pingback ! 😊

**Jackson***September 19, 2013 at 4:27 pm*

This recipe is too good. I am dieting now and my doctor has advised me to eat lot of salads. Would this help me to reduce my weight? Also can I add any other vegetables also for this dish? Thanks for sharing this delicious dish.

**Miriam***September 19, 2013 at 9:00 pm*

Jackson Hi there, if you go to my salad section of this blog you will find more than a handful of salads to choose from as well as juices and smoothies. Concentrate on the

health benefits of these more so than calorie content and these recipes will help you to reduce weight whilst sustaining you and giving you the vitamin boost you need – added bonus is they all taste great !
Best wishes your way ! 😊

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**J***August 7, 2014 at 5:32 pm*

What is the serving size for this recipe?

**Miriam***August 8, 2014 at 11:03 am*

Hi there J. It depends on portion size. When I made it, it served 2 substantial portions, it depends what you will eat with it too as a carb filler. Enjoy ! 😊

**Rinu***March 15, 2015 at 5:46 pm*

@J: I made it with large carrot and 1/3 of large cabbage and its serving size was 3-4 portions. It doesn't look like it but it is a highly filling meal.

—

Thanks for such a great recipe, Miriam! It tastes heavenly. Me and my friend decided to treat ourselves with healthy salads, picked this list <http://dipl.com/different-solutions/vegan-salads-greens/96196> and started with yours.

By the way, I was really surprised that the dressing tasted like eggs :).

Pingback: Raw Crunchy & Zesty Coleslaw by Miriam Sorrell Recipe Review | Raw Vegan Recipe Reviews



Miriam

March 24, 2015 at 9:40 pm

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Thanks so much for that Rinu and look forward to your future comments on my blog! 😊

ingback: Dream Live Thrive the Dherbs Battlefield; Salads Up! Great Summer Salads | Abraham McDonald

ingback: Succulent Fiery Marinated Smoked Chilli Potatoes | The Spice Maniac



Swati

September 22, 2016 at 2:26 pm

Hi Miriam!

Thank you so much for this recipe. Tried it with a few changes in view of the locally available ingredients – and it came out wonderful! Will be sharing it in my blog with credits to you.

Regards

Swati

Pingback: Coleslaw with cashew mayo – swalads



Miriam

September 27, 2016 at 8:03 pm

Sure thing Swati – and glad you enjoyed it! 😊
