

# Broccoli Slaw

With Sweet Poppy Seed Dressing

## INGREDIENTS:

Sweet Poppy Seed Dressing

- 3 ½ T mayo (see note below)
- 3 T white vinegar
- 1 T raw honey
- ¼ tsp. poppy seeds

## Broccoli Slaw

- 1/3 cup unsweetened dried cranberries
- ¼ cup bacon crumbled
- 4 cups broccoli slaw

## PROCESS:

- In a medium-sized bowl, whisk together the mayo, vinegar, honey, and poppy seeds.
- In a large bowl, toss together the cranberries, bacon, and broccoli slaw. Add as much of the dressing as you like, and serve.

## Note:

For the mayo...2 options

1. Sir Kensington's (Harvest Health, Forest Hills Foods, online)

2. Make you own:

1 large egg

¾ cup olive oil or avocado oil

1 tsp. freshly squeezed lemon juice

1 tsp. Dijon mustard

¼ tsp. sea salt

In a blender, combine egg, lemon juice, mustard, salt. With the blender Low, drizzle in the oil as slowly as possible so that the emulsification takes Place. Continue to add the oil until it is completely combined. Store the Mayo in the refrigerator for up to 7 days.

From: Paleo Happy Hour