

# Coleslaw

*This recipe makes about 7 cups*



## Ingredients

**3/4 cup** plain nonfat greek yogurt

**3 ½ tbsp** apple cider vinegar

**3 tbsp** sugar

**1 tsp** salt

**1-16 oz** bag of coleslaw mix

## Directions:

1. In a mixing bowl, whisk together Greek yogurt, apple cider vinegar, sugar, salt, and pepper until smooth.
2. Add the coleslaw mix and toss until everything is well coated
3. Add parchment to your trays
4. Spoon the coleslaw onto trays
5. Freeze dry (my cycle time was 32 hours)
6. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add ½ cup freeze-dried coleslaw to a bowl along with ¼ cup of cold water. Let it sit for a few minutes. Stir and enjoy.

## Notes:

Make our lentil sloppy joe recipe to go with this coleslaw

## Nutritional Value Per ¾ cup serving

Calories: 40 Protein: 2 g Fat: 0 g Carbohydrates: 7 g Sugar: 6 g Fiber: 1 g