

# Coleslaw of many colours

## Ingredients

| | |
|---|---|
| ¼ | cabbage, red, grated |
| ¼ | cabbage, green, grated |
| | spinach or baby spinach, shredded |
| 3 | carrots, grated |
| 125ml | yoghurt, plain |
| 10ml | sugar |

## Method

- Prepare the vegetables and mix together.
- Mix the yoghurt and sugar.
- Pour this dressing over the vegetables and mix.
- Make this salad a few hours before serving and stand in the fridge. Serve chilled.





# Sweet potato with apple

## Ingredients

| | |
|---|---|
| 3 | sweet potatoes, peeled, cubed |
| 2ml | salt |
| 2 | apples, sweet, peeled, cubed |
| 10ml | margarine, tub |

## Method

- Peel and wash the sweet potatoes as near to cooking time as possible.
- Place in boiling, salted water, just enough to cover.
- Cook covered with a lid for 25 minutes or until just tender.
- Add apples and boil for a further 5 minutes.
- Drain off the water
- Add margarine and mash everything together. Do not mash very smooth unless used for babies of 6 or 7 months old.