Avocado Lime Slaw

Ratio 3.1:1, 5 servings
Net CHO 8/PRO 2.7/FAT 34/KCAL 353

Avocado Aioli:

- Mayonnaise 150g
- Avocado, ripe 292g
- Canola oil 22g
- Lime Juice 100g
- Dijon Mustard 16g
- Water 262g
- Black Pepper 2g
- Salt 7g

Slaw Mix:

- Green Cabbage, shredded 142g
- Red Cabbage, shredded 142g
- Carrots, shredded 190g

Equipment needed: gram scale, blender, rubber spatula, medium bowl, cutting board, knife

1. Gather and weigh/prepare all ingredients.
2. In a blender, combine all ingredients for avocado aioli and blend until smooth.
3. In a separate bowl, add slaw mix.
4. Using a rubber spatula, scrape all the avocado from the blender onto top of the slaw, blend well.
5. Serve immediately or store in refrigerator until serving.