



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Sesame Ginger Slaw

### Ingredients for the Slaw:

- ½ large White Cabbage, *grated or finely sliced*
- ½ large Red Cabbage, *grated or finely sliced*
- 4 med Spring Onions, *finely sliced*
- 3 med Carrots
- 1 med Red Pepper, *finely sliced*
- Handful Fresh Coriander, *roughly chopped*

### Ingredients for the Dressing:

- 1 clove Garlic, *minced or finely chopped*
- 1 med Chili, *finely chopped*
- 2 Tbsp Tamari or Soy Sauce
- 2 Tbsp Agave Syrup or Maple Syrup
- 1 Tbsp Toasted Sesame Seeds
- 1 Tbsp Toasted Sesame Oil
- Juice of 1 Lime



### Instructions:

1. To make the dressing, simply add all the dressing ingredients (except the sesame seeds) to a jug or bowl and mix well until combined. Try a little and adjust the ingredients to suit your taste, if necessary.
2. Once you have prepared all the veg, add this to a large bowl and mix well using your hands or a spoon. If using a food processor to grate/shred the vegetables, I'd suggest leaving out the red pepper, spring onions, and coriander. I find it's better to chop these separately and then add them in.
3. Pour half of the dressing over the mixed veg and toss well to combine, followed by the other half of the dressing. If necessary, adjust the flavors again now that everything is mixed together – more lime juice for sharpness, more agave syrup if it's too sharp, more tamari/soy sauce for saltiness etc.
4. Mix well, sprinkle with the toasted sesame seeds, and serve. For the best results, prepare this slaw slightly ahead of time and chill in the fridge for an hour or so before serving (but not too long as the veg will start to soften and lose its crunch).