

BROCCOLI SLAW



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Ingredients

Yields: 6-8, ½ c servings

- 1/3 c canola oil
- 3 tbsp balsamic vinegar
- 2 tbsp natural no calorie sweetener or your choice
- 1 pkg chicken-flavored ramen noodles
- ½ c sliced almonds
- 1 pkg broccoli slaw
- 2 tbsp roasted sunflower seeds
- 4 green onions, chopped
- Dried cranberries to taste
- salt and pepper to taste

Directions

1. Mix oil, vinegar, sweetener, and seasoning pkg. from noodles. Chill.
2. Crumble half the package of ramen noodles and toast with almonds in 350°F oven for 10-12 minutes.
3. Toss slaw mix with dressing and add almonds, sunflower seeds, green onion, cranberries, and toasted ramen noodles. Season with salt and pepper to taste.
4. Chill until time to serve.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
½ cup	221	16.6 g	5 g	16.5 g	300 mg

Carbohydrate Exchanges: 1