

Recipe – Fennel Slaw with Creamy Avocado Dressing

Ingredients:

- 2 bulbs of fennel with much of the green stem
- 4 carrots*
- ¼ red or white cabbage

Dressing:

- 1 avocado
- 2 TBS white balsamic vinegar or lemon juice
- 6 TBS olive oil
- pinch of salt
- 3 drops of stevia or a tiny bit of honey
- a little fresh orange juice or water to thin it

Directions:

In a food processor, shred the vegetables.

In a food processor, combine the first five dressing ingredients, using salt to taste. It will be very thick, so add juice or water in a thin stream to get it to the right, creamy consistency. Combine with the vegetables. Serves 8.

* Optional: Use other vegetables with the fennel, like snow peas, celery, red onion.