



## Mango Crunch Chia Slaw

Fresh and fruity crunchy coleslaw!

With one whole mango in the recipe, this coleslaw is slightly sweet & slightly spicy. If mangoes aren't in season, you can easily use frozen mango chunks that are available year around in the freezer aisle of the store. Raw cabbage is excellent for fiber and nutrition. Yogurt is a healthier, creamier tasting alternative to the usual mayo in other coleslaws.

### Ingredients

- 1 large ripe mango
- 1 cup Greek yogurt
- 2 tablespoons MySeeds chia gel
- 3-4 cups pre-bagged cabbage slaw mix
- 2 tablespoons chopped onion
- Dash smoked paprika
- Dash cayenne pepper
- Dash ground chipotle
- 1 small handful cilantro

Peel and divide in half the mango. (See mango tips below) Place half the mango in your mini-chopper and puree until smooth. If you have room in your mini-chopper, add the spices and the Greek yogurt and pulse to combine. If your chopper bowl is small, place mango puree and all spice ingredients in a bowl and stir to combine instead.

Do a tiny taste test, and keep in mind that spices do grow hotter as they sit.

Cut the remaining half of the mango into small cubes. In a bowl place cabbage slaw mix, diced mango, and pour the dressing over all.

This cabbage slaw will tickle your taste buds. It is a little taste of summer even when eaten in the dead of winter. A little naturally sweet with the wonderful taste of mango and spiced-up with chipotle and ground peppers.

### Mango Tip:

If you've never worked with fresh mangoes, be aware that some people are allergic to the skin of the mango. It can cause an itchy rash. People who are allergic to the skin usually aren't allergic to the interior/pit/flesh. Using gloves to remove the skin avoids the possibility of a reaction if you are one of the few who might have an allergy.