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FOR HEALTHY LIVING  
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# Broccoli Slaw

YMCA of Northern  
Rock County

**Don't have time to cook a vegetable? Grab a bag of broccoli slaw, add a few ingredients, and you have a healthy, tasty veggie salad for a side dish!**

Servings: 4 (approx. 1 cup each)

## Ingredients:

1/3 cup avocado oil mayonnaise  
1 Tbsp. apple cider vinegar  
1 Tbsp. Dijon mustard  
1 tsp. celery seeds  
1/4 tsp. unrefined sea salt  
1/4 tsp. black pepper  
4 cups (12 ounces) bagged broccoli slaw  
Optional: 1/4 cup roasted sunflower seeds  
Optional: 1/4 cup raisins



## Directions:

Step 1 - In a large bowl, whisk the olive oil mayonnaise, apple cider vinegar, mustard, celery seeds, salt, and pepper together until fully combined. Add the broccoli slaw. Toss well to coat. Add optional sunflower seeds and raisins.  
Step 2 - Serve cold.

## Nutritional Information (without sunflower seeds):

Calories: 164g  
Fat: 16.3g  
Carbs: 5.5g  
Protein: 2.4g

## Nutritional Information (with sunflower seeds and raisins):

Calories: 244g  
Fat: 20.8g  
Carbs: 15g  
Protein: 4.5g



This recipe is provided to you by Y  
Personal Trainer, Kelly Jones