CELERIAC COLESLAW

- 10g Celeriac
- 10g Carrots
- 23g Cabbage - white
- 29g Mayonnaise - HELLMANS

Thinly slice the white cabbage. Grate the carrot and celeriac then weight it! Mix ALL together with the mayonnaise.

Mo's tip: Goes well with burgers, sausages, ham etc. Or just on it's own as a snack!

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION