

Easy Colorful Cruciferous Slaw

I love veggies slaws! They're a bi or tri-weekly dish in my home. They're so easy to make once you get the routine down its minutes. The best part is you get cancer-fighting health promoting tasty vegetables that add crunch and flavor to every meal.

Ingredients:

- 1 bag of prewash ready made chopped veggies, like broccoli slaw, organic cole slaw or my favorite, kale, cabbage and shaved Brussels sprouts slaw.
- 4-5 tablespoon of plain [Greek Yogurt](#)
- 2 tablespoon Mayonnaise, I prefer vegan mayo from Trader Joes
- 1 teaspoon of white balsamic vinegar
- 1 teaspoon of honey
- 1 dash each of chili lime and smoked paprika
- 1 teaspoon of spicy brown or yellow mustard (optional)

Directions:

1. Mix together Greek yogurt, mayonnaise, vinegar, honey and spices in a large bowl. You can use any [herb/spice](#) combination you like! Experiment.
2. Add the [veggie slaw](#) mixture.
3. Mix and toss with 2 large spoons until evenly moist.

Eat and enjoy!