

# Creamy Blueberry Broccoli Slaw

RECIPE MAKES: 4 SERVINGS

## INGREDIENTS

- 12 ounce broccoli cabbage slaw salad mix
- ½ cup blueberries
- ¼ cup dried cranberries
- ¼ cup sunflower seeds
- 2 Tbsp. red wine vinegar
- ¼ cup plain Greek yogurt
- 1 tsp. paprika
- ½ Tbsp. olive oil

## NUTRITION INFO

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>1 Cup</b>
Amount per serving	
<b>Calories</b>	<b>140</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 63mg	<b>4%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 352mg	<b>8%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION

1. Place broccoli slaw in large mixing bowl.
2. Add in Greek yogurt, vinegar, and seasonings, and mix well.
3. Mix in blueberries, dried cranberries, and sunflower seeds.
4. Chill in fridge until ready to serve.
5. Enjoy!



Healthy Options

