



## Trend – Adding Antioxidant Rich Foods

### **Superpower Cabbage Slaw**

*Filled with healthy colors, flavors, and textures*

- 1 large apple
- 1 Tablespoon lemon juice
- 6 cups sliced green cabbage, coarse chopped
- 1/2 cup diced red onion

#### **Salad Dressing:**

- 3 Tablespoons apple cider vinegar
- 3 Tablespoons olive oil
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 Tablespoons hemp seeds
- 3 Tablespoons sunflower seeds

1/3 cup chopped fresh parsley leaves  
1 avocado, cored, peeled, quartered, sliced

**Prepare Slaw Vegetables:** Slice and dice apple after removing the core and seeds but don't peel it. Toss diced apples with lemon juice. Place chopped sliced cabbage and red onions in salad bowl; add diced apples with lemon juice. Set aside.

**Prepare Salad Dressing:** Using a whisk or small food processor, combine vinegar, olive oil, onion powder, garlic powder, salt, black pepper, and hemp seeds; process until smooth. Stir the dressing into the cabbage mixture. Toss in sunflower seeds, parsley, and avocado. Serves: 4

**About the Recipe:** Cabbage, a common vegetable at most markets, contains a wealth of nutritious nutrients and disease-fighting superpowers. Serving it with red onions and flavorful seeds produces a delicious salad as well as adding a fighting superpower to your diet.

### **What are hemp seeds?**

Hemp seeds are a rich source of nutrients. Part of the hemp plant, these seeds are technically a nut that can be eaten raw or used to make milk, oil, cheese substitutes, or protein powder.

Hemp seeds' nutty flavor and versatility also make them a great substitute for the levels of protein, essential fatty acids, and other nutritional benefits found in meat and dairy products.

For More Information See:

<https://www.webmd.com/diet/hemp-seeds-good-for-you#1>