

Creative Cooking

THE HOLMES SISTERS DDCC0000011

EPISODE 11

FOCUS:
SLAWS



Eat It

BROCCOLI SLAW

INGREDIENTS

- 2 cup broccoli
- 1 cup red pepper
- ½ carrots shredded
- ½ cup corn
- 1 handful fresh cilantro
- 2 Tbsp lemon juice
- salt to taste
- 2-3 Tbsp vegan mayo

INSTRUCTIONS

In food processor grate broccoli, red pepper, carrots, cilantro; add lemon juice, salt, and mix with vegan mayo.

CABBAGE SLAW

INGREDIENTS

- 2 cup green cabbage
- 1 cup red cabbage
- ½ cup red pepper
- ½ carrots shredded
- ½ cup organic corn
- 1 handful fresh cilantro
- 2 Tbsp lemon juice
- salt to taste
- 2-3 Tbsp vegan mayo

INSTRUCTIONS

Place cabbage, carrots and red pepper in food processor; chop; place in bowl; add corn, chopped cilantro; lemon juice, salt and vegan mayo. Mix all ingredients and chill.

Juice It

BANANA KIWI GINGER SMOOTHIE

INGREDIENTS

- 1 banana, sliced
- 1 kiwi washed peeled
- ¾ cup (6 oz) vanilla vegan soy or almond yogurt
- 1 Tbsp honey
- ½ tsp freshly grated ginger

INSTRUCTIONS

Combine the banana, yogurt, honey, and ginger. Blend until smooth.

Wear It

KIWI AND LEMON MASK

INGREDIENTS

- 1 lemon
- 1 kiwi

INSTRUCTIONS

Mix kiwi pulp with some fresh lemon juice. Apply it to face using a cotton ball. Leave it on for 15 minutes. Wash off with lukewarm water later.