

Cheesy coleslaw with wholemeal pitta recipe

Crunchy, cheesy coleslaw in a pitta makes a change from traditional sandwiches. Try serving with 5 cherry tomatoes and a small box of raisins.

Prep: 10 mins

Ingredients

- 1 teaspoon reduced-calorie mayonnaise
- 1 tablespoon low-fat Greek style yoghurt
- 1 thin slice of white cabbage, shredded (t
- 1 small carrot, grated
- 2 spring onions or a slice of onion, choppe
- 20g reduced-fat cheddar cheese, finely chopped or grated
- Parsley, chopped (optional)
- 1 large wholemeal pitta bread



Complete your lunchbox with:

- 5 cherry tomatoes
- 1 tablespoon low-fat Greek style yoghurt
- 200ml semi-skimmed milk

Method

1. In a bowl, mix the mayonnaise and yoghurt.
2. Add the vegetables, cheese and parsley (if using). Mix well.

Information:

The coleslaw keeps well in the fridge so make it the evening before to help with the morning rush!

3. Carefully split open the pitta bread and fill with the coleslaw.

Information:

Simply double the quantities if you have 2 lunchboxes to prepare.