

Pomegranate Slaw

Ingredients

- 1-2** pomegranates
 - 1** green cabbage
 - 1/3 cup** fresh parsley, chopped
 - 2 tbsp** hemp seeds
- Dressing:
- 1/3** cup olive oil
 - 1 tbsp** toasted sesame oil
 - 1/4 cup** apple cider vinegar
 - 2 tbsp** raw honey
 - 1 tbsp** dijon mustard

Directions

1. Cut pomegranates in quarters.
 2. Fill a big bowl with water, submerge pomegranate pieces in the water and start peeling away the rind. Separate the seeds from the white, fleshy part. The seeds will sink and the rind pieces will float to the top. Remove the rind pieces and set seeds aside.
 3. Grate cabbage. Place grated cabbage in a big bowl.
 4. Add chopped parsley and pomegranate seeds.
 5. Mix dressing ingredients in a separate bowl and add to the slaw. Mix well.
- Sprinkle hemp seeds on top just before serving.

