

## [HEALTHY COLESLAW RECIPE YOGURT](#)



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### **Greek Yogurt Coleslaw Two Healthy Kitchens**

Although that problem wouldn't be a big issue with this specific Greek Yogurt Coleslaw recipe, regular coleslaw, but it felt so healthy because it

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### **Healthy Coleslaw Recipe with Greek Yogurt Jessica Gavin**

Dressing: Coleslaw gets a bad wrap because it's usually overly drenched in a heavy mayonnaise-based dressing. For a healthier but still creamy recipe, I substitute the mayo for high protein non-fat Greek yogurt. Dijon mustard, lemon juice, paprika, honey, and chili pepper mixed together then create the tasty dressing.

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### **Healthy Coleslaw With Yogurt Healthfully**

Healthy Yogurt Dressing. Low-fat or non-fat plain yogurt is a healthy, lower-calorie substitute for the heavy mayonnaise used in traditional coleslaw recipes. Make a simple, healthy yogurt dressing for coleslaw by combining a cup of yogurt with three tablespoons of apple cider vinegar.

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### **10 Best Healthy Coleslaw with Greek Yogurt Recipes**

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### **Healthy Coleslaw Recipe w Creamy Avocado Greek Yogurt**

A summer classic turned healthy, this Healthy Coleslaw Recipe ditches the mayo and adds avocado, greek yogurt, and more! Healthy. Gluten Free. Vegetarian.

<http://ebookslibrary.club/Healthy-Coleslaw-Recipe-w--Creamy-Avocado-Greek-Yogurt--.pdf>

### **Cabbage Coleslaw With Healthy Yogurt Dressing Dianna's**

Creamy cabbage coleslaw is one of my favorite go-to dishes for many of our meals, so I want it to be as healthy as possible. Raw cabbage and carrots are

<http://ebookslibrary.club/Cabbage-Coleslaw-With-Healthy-Yogurt-Dressing---Dianna's--.pdf>

### **Healthy coleslaw recipe BBC Good Food**

Nice recipe. To keep it really healthy though I would replace the mayo with a home made version using olive oil instead of vegetable oil. Hears a link to an omega-3 mayo recipe

<http://kinectmethod.co.uk/recipes/omega-3-mayonnaise/> The coleslaw can take an Asian twist by adding mint, coriander and chili.

<http://ebookslibrary.club/Healthy-coleslaw-recipe-BBC-Good-Food.pdf>

### **Greek Yogurt Coleslaw Gimme Some Oven**

I frequently sub Greek yogurt for mayo and for other things. The most recent thing I've discovered is that full fat Greek yogurt is a perfect sub for sour cream (you can do it with fat free Greek yogurt, but then you need to add a little sugar about 1t per cup).

<http://ebookslibrary.club/Greek-Yogurt-Coleslaw-Gimme-Some-Oven.pdf>

### **Best winter veg coleslaw Jamie Oliver**

Coleslaw is something most of us have grown up eating, yet a lot of the time it must have been made so badly! With this in mind, I want to bring it back with a vengeance. I've used yoghurt instead of mayonnaise to bind the vegetables because it not only tastes better, in my opinion, but it's also healthier.

<http://ebookslibrary.club/Best-winter-veg-coleslaw-Jamie-Oliver.pdf>

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