

# SOS-Free Caribbean Coleslaw

By Katie Mae, *PlantzSt.com*

Makes 2 servings | Ready in 10 minutes | Stores 5–6 days in the fridge (without nuts)

## INGREDIENTS

- 2 Medjool dates, pitted and diced\*
- ¼ cup water\*
- 2 tablespoons stoneground mustard
- 2 tablespoons lemon juice and/or apple cider vinegar (I like one of each)
- ½ tablespoon [Caribbean Hot Pepper Sauce](#)\*\*
- ½ teaspoon garlic granules
- 3 cups shredded Napa or green cabbage
- 3 cups shredded red cabbage
- 1½ cups shredded carrots
- 1 ripe mango, peeled and thinly sliced
- 3 scallions, diced
- ½ cup sliced or crushed almonds

## ACTION STEPS

1. In a blender, combine the dates, water, mustard, vinegar, lemon juice, Hot Pepper Sauce, and garlic granules. Blend until creamy.
2. Add both cabbages, carrots, mango, and scallions to a large salad bowl, and toss.
3. Add the dressing to the bowl. Toss again so the salad is evenly coated with the dressing.
4. Serve the salad, and then sprinkle the almonds over the individual servings. This way if there's leftover salad, you can store it without the almonds getting soft.

## CHEF'S NOTES

\*If you're not using a high-powered blender, then soak the dates in ½ cup of *hot* water before prepping your vegetables. Blend the dressing last so the dates have had time to soften.

\*\*If you don't have the Caribbean Hot Pepper Sauce, you can substitute ½ of a habanero pepper (or less!) AND either ¼ cup of fresh mango/pineapple, or 2 tablespoons dried.

Likewise, the dates can be substituted with either ¼ cup of fresh mango/pineapple, or 2 tablespoons dried.

Recipe and photos online here >> <https://plantzst.com/sos-free-caribbean-coleslaw/>