

# MAMSIE'S COLE SLAW

If there is one plant based food dish I could eat meal after meal with nothing else, it would be my wife's cole slaw! Growing up as a kid in Kansas City, I ate a lot of cole slaw as it is served as a garnish with most BBQ meals in KC! I was always the kid that would ask for more cole slaw and people would look at me like I was crazy, I love cole slaw, both the vinegar based as well as the milky kind that is everywhere in Kansas City! After adopting a plant based lifestyle, cole slaw was one of those dishes that was really difficult to duplicate as some of the plant based and vegan mayo type substances for lack of a better term are, how should I say it, a bit suspect when it comes to flavor and texture. But my wife, who is amazing in every way, bless her heart, did it, she nailed it and it is just another one of the million reasons why she is amazing. This stuff should be served on the food line at every Whole Foods!

## INGREDIENTS

- 1 head of purple and/or green cabbage shredded or a package of pre-shredded cabbage
- 1 carrot shredded
- ½ cup of your favorite plant based mayo (I like Hellman's Vegan)
- 2 Tbsp apple cider
- 1 Tbsp lemon juice
- 1/4 tsp Fool's Gold Hickory Smoked Salt
- 1 Tbsp fresh cracked pepper
- 2 Tbsp of Fool's Gold Demerara Sugar or 2 packets of Splenda or other sweetener
- 2 Tbsp Fool's Gold Original BBQ Sauce

## PREP

- Mix all of the ingredients together thoroughly in a large mixing bowl
- Refrigerate at least 8 hours or overnight if possible

## FINISH

I like to sprinkle some smoky paprika over the slaw before serving or for a kick, sprinkle with some Fool's Gold Kanarado Cayenne Powder!

## SERVE

Serve as a side or garnish for any dish! Slaw is one of the main ingredients I love to use when I eat Fool's Gold BBQ Parfaits, a staple in my plant based bbq cuisine!