



Health Breakdown

GLUTENFREE
VEGAN
SOYFREE
DAIRYFREE
RAW

TARGETS
FATBURN
LIVER
INFLAMMATION
WOMEN'S HORMONES
CANCER

CABBAGE CRACK SLAW

Servings: 6 Time: 5 minutes Tip: This is even more delicious day after as the dressing marinates and enhances the flavor of the slaw

This stuff is so finger-licking good - it's crack! Sweet, salty and crunchy all at once! Apple cider vinegar balance insulin levels thereby enabling the body to burn fat. Unrefined sea salt is vital for our body: a too low salt diet is equally as dangerous as exceedingly high intake, as toxins such as bromide (an endocrine disruptor of especial concern for anyone dealing with hypothyroidism) binds to potassium chloride and is transported out via the kidneys. The anthocyanins found in red cabbage are well-documented anti-inflammatory compounds, and make red cabbage a standout anti-inflammatory food for this reason. Cabbage is an especially good source of sinigrin. Sinigrin is one of the cabbage glucosinolates that has received special attention in cancer prevention research and this compound has shown unique cancer preventive properties with respect to bladder cancer, colon cancer, and prostate cancer. Cabbage is also a true superfood when it comes to hormone balance - it helps rid the body of the bad type of estrogen (xenoestrogens), thereby enhancing fatburn; especially belly fat.

Reference: Environ Health Perspect. May 1994; 102(5): 428-429. Research Article: Eat cabbage to fight cancer.

What's in it?

- 1/2 green cabbage
- 1/2 red cabbage
- 1 tsp. sea salt
- 2 large carrots
- Handful minced scallions
- 2 tbsp. sesame seeds
- 2 tbsp. almond slivers
- 4 chopped Medjool dates
- 4 tbsp. raw apple cider vinegar
- 4 tbsp. maple syrup

What to do?

- Cut cabbage heads in quarters and slice or food process thinly
- Toss cabbage with sea salt
- Grate/food process carrots
- Add remaining ingredients and mix well

