



## Purple Cabbage Mango Slaw

3 cups purple cabbage, shredded  
3/4 cup cilantro, chopped  
3 green onions, sliced  
4 Tablespoons shredded coconut flakes  
2 ripe mangos, peeled and diced medium  
3 Tablespoons coconut nectar  
1 Tablespoon extra Virgin olive oil  
2 Tablespoons rice vinegar  
1 Tablespoon Nama Shoyu

Dash of cayenne pepper  
Dash of Himalayan sea salt  
1/8 teaspoon anise seeds  
2 Tablespoons chopped pistachios

### **Method**

- Combine cabbage, cilantro, green onions, coconut flakes & mango in a bowl and toss.
- Mix coconut nectar, olive oil, rice vinegar, Nama Shoyu, cayenne pepper and sea salt and toss with the combined mixture.
- Garnish with a sprinkle of anise seed and chopped pistachios on top.