

Recipes for the alternative lunch (excluding bean stew):

Coleslaw

Ingredients:

1/2 white cabbage

1/4 red cabbage

5 apples

10 tbsp. plain yoghurt

4 cloves of garlic

2 tsp. pepper

2 tsp. salt

Procedure:

1. Peel and slice carrots thinly.
2. Cut cabbage and apples and mix with the carrots.
3. Mix yoghurt, chopped garlic, salt and pepper and thereafter pour over the mixture of carrots, cabbage and apples.

Mango and avocado salad

4 mangos

4 avocados

Procedure:

1. Dice mango and avocado.
2. Mix just before serving.

