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# walrus salad

by Victoria Knight

## what you will need

4 sticks of celery  
Wedge of white cabbage  
Small handful of sultanas  
Small handful of unsalted peanuts (or walnuts)  
1 green apple  
½ small carton of sour cream  
Lemon juice

**Serves 4**

**Preparation time = 15mins**

**Cost per serving =  
less than £1**

**5 a day portions  
per serving = 1-2**

## get cooking

Get cooking

Wash the celery, remove any stringy bits and cut into bite sized chunks and thinly slice the white cabbage.

Put into a bowl with the peanuts and sultanas.

Chop the apple into thin slices and add to the bowl.

Pour over the sour cream and 1 tablespoon lemon juice.

Stir well and serve or put in the fridge for later.

## alternatives

Experiment with other vegetables - raw cauliflower, broccoli, peppers. Add a sprinkle of grated cheddar cheese and serve with wholegrain bread to make a meal.

## top tips

Great with jacket potatoes as an alternative to coleslaw.

Take care when using peanuts that no one has a peanut allergy.

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