

# High Protein Cole Slaw

\*12 grams usable protein in each serving.\*

## Ingredients

- 2 cups cabbage, shredded
- 1 cup carrot, grated
- 1/2 cup apples, diced
- 1/2 cup raisins
- 1/2 cup roasted peanuts
- 2/3 cup sunflower seeds

## Dressing

- 1/2 banana, mashed
- 1/3 cup buttermilk or yogurt
- 1/2 cup ricotta cheese
- 1/4 cup apple juice

## Instructions

1. Blend dressing ingredients by hand or in blender.
2. Combine with other ingredients and chill well before serving.

## High Protein Cole Slaw

12 grams usable protein in each serving.

2 cups cabbage, shredded

1 cup carrot, grated

1/2 cup apples, diced

1/2 cup raisins

1/2 cup roasted peanuts

2/3 cup sunflower seeds

Dressing:

1/2 banana, mashed

1/3 cup buttermilk or yogurt

1/2 cup ricotta cheese

1/4 cup apple juice

Blend dressing ingredients by hand or in blender. Combine with other ingredients and chill well before serving.

## Reflections

In our vantage point it is easy to condemn the  
rulers for their unwillingness to hear Jesus.  
Israel was always deaf to her prophets. We,  
often refuse to hear the prophets in our midst.  
They are too unsettling, too troublesome and too  
difficult to be taken seriously.

Wheat and weeds must always grow together. Not  
all churches are exempt from this eternal rule.  
All who use the name of Christian promote the  
Kingdom of God. Those who care for the poor,  
sick, the powerless, the

true accept  
sapping the  
devoted men

### 13:31-32 T

In spite of  
imperceptible  
do not under

### 13:33-43 C

Matthew's  
mustard seed  
parables. Ver

### 13:44-46 T

In two sim  
dom is so gre  
one has disc  
from it.