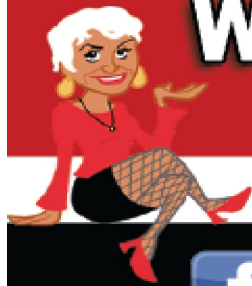


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PINEAPPLE COLE SLAW*

Advanced Lifestyle

Ingredients

- 2 cups coleslaw mix
- 1 cup unsweetened crushed pineapple, drained
- 1/3 cup shredded carrot
- 3 medium radishes, shredded
- 1/4 TSP celery seed
- 1/3 cup low-fat (or fat-free) mayonnaise)

Instructions:

1. In a large bowl, combine the first five ingredients. Add mayonnaise and toss to coat.
2. Cover and refrigerate until serving.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 3/4 cup = 1 V, 1/2 FR, 1/2 FT

*<http://www.tasteofhome.com>