



## **Autumn Fruit Slaw**

Makes about 6 cups

1 (10.5 oz.) pkg. Silken Tofu

¼ cup frozen apple juice concentrate, thawed

2 Tbsp. honey

2 Tbsp. lemon juice

¼ tsp. allspice

2 cups finely shredded cabbage

1 cup seedless grapes

2 pears, cored and chopped

2 apples, cored and chopped

In a blender container, blend together tofu, apple juice concentrate, honey, lemon juice and allspice until very smooth. In a large bowl, mix cabbage, grapes, pears and apples until well blended. Pour dressing over salad and toss well, coating the apples and pears well to prevent browning. Chill until serving.

Per ½-cup serving: 60 calories, .5 g fat, 1 g protein, 15 g carbohydrate, 2 g fiber, 0 mg sodium