

Fennel Apple Sauerkraut Slaw

INGREDIENTS

- 1 Cup Sauerkraut
- 1/2 Red Onion, thinly sliced
- 1/2 Fennel Bulb, thinly sliced
- 1 Small Fuji Apple, thinly sliced
- 1/2 Lemon, juice
- 1 TSP Fennel Seed
- 1TBS sauerkraut juice
- Pinch of sea salt to taste
- Chopped fennel leaves for garnish

1. Combine onion, apple, and fennel bulb in bowl.
2. Add in sauerkraut and gently toss until well combined.
3. Add fennel seed, lemon juice, sauerkraut juice, and sea salt then mix thoroughly.
4. Serve garnished with chopped fennel leaves.