



Heart Failure Warriors Crisp Circuit Meals

Tailored for heart failure-friendly, low-sodium meals with vegetarian options and air fryer friendly ingredients.

Project 002 Part a – Crunchy Slaw

Ingredients

- 150g white cabbage
- 100g red cabbage
- 1 medium carrot
- 1 small red onion
- Apple cider vinegar
- Olive oil or low-fat plain yoghurt
- Dijon mustard
- Honey or maple syrup
- Black pepper

Directions

1. Combine all veg in a large bowl.
2. Whisk vinegar, oil/yoghurt, mustard, and honey. Pour over slaw and toss well.
3. Let sit for 10–15 mins before serving to mellow the flavours.