**Ingredients**:

* ½ head green cabbage & ½ head red/purple cabbage
* 2 oz arame dried seaweed (reconstituted for 10 minutes)
* 2 apples, semi-sweet or sweet variety
* ¼ cup olive oil
* 2-3 Tbsp apple cider vinegar
* 1 tsp mustard
* Salt & pepper to taste

**Instructions**:

* Thinly slice cabbage and apple.
* Mix all ingredients, stir well, and refrigerate for 2 hours.

**Serves**: 4-6  
**Tip**: Shake occasionally for enhanced flavor.