



## CULTURED CARROTS – 3 METHODS

**Fermented Carrots** are so simple to make and are a great veggie to get started on. They are gentler on our tummies than fermented cabbage for eg. They have amazing health benefits including removing toxins from your body, assist in balancing your hormones, improve peristaltic movement and can help your liver remove excess estrogen.

### **Flavor combos - Choose from ONE of the following:**

- 1-2 garlic cloves gently crushed & a sprig (Tbsp) of fresh dill
- 1 tsp roughly chopped fresh ginger
- 1/2 tsp roughly chopped turmeric & 1 tsp roughly chopped fresh ginger
- 1-2 sliced green onions, a bit each of sliced red onion and sliced yellow onion
- 1 cinnamon quill
- Plain

### **Ingredients - Lacto Fermented - Salty water:**

- 2-3 large carrots peeled and then cut into carrot sticks for dipping/snacking ( make sure they are not too long - we need them to be covered by liquid without over filling the jar)
- Brine (2%) 1 tablespoon iodine-free salt (fine-grain )
- 2 cups non-chlorinated (filtered) water

### **Method - Lacto Fermented - Salty water:**

1. Place flavor combo of choice in to a very clean jar and add carrot sticks in the jar on top
2. Mix you salt and water and fill jar leaving a few cm's of air at the top of the jar.
3. Secure lid and leave on your bench out of direct sun light for 5-10 days then move to fridge.
4. Use as a snack on their own, in salads, as a dipping stick for hummus and other yummy dips.
5. Can keep in Fridge for 3 months for the salty brine method.



# CULTURED CARROTS – 3 METHODS CONT'D

## Ingredients - Using Probiotic Capsules:

- 2-3 large carrots peeled and then cut into carrot sticks for dipping/snacking (make sure they are not too long - we need them to be covered by liquid without over filling the jar)
- 1 probiotic capsule (inner health plus, Orthoplex Green Multiflora etc.)
- 2 cups non-chlorinated (filtered) water (to completely cover carrots)

## **Method - Probiotic Capsules**

1. Place flavor combo of choice in to a very clean jar and add carrot sticks in the jar on top
2. Add in probiotic capsule
3. Pour in filtered water until carrots are covered - leaving about 3-4cms at the top of the jar.
4. Secure lid and leave on your bench out of direct sun light for 24-36hrs. Your ferment should start to fizz like soft drink. Then move to fridge.
5. Use as a snack on their own, in salads, as a dipping stick for hummus and other yummy dips.
6. Can keep in Fridge for 2 weeks max with this method. They are better eaten within 5 days as they continue to soften.

## Ingredients - Kultured Wellness Kefir:

- 2-3 large carrots peeled and then cut into carrot sticks for dipping/snacking (make sure they are not too long - we need them to be covered by liquid without over filling the jar)
- 1/3 cup Kultured Wellness Coconut Water Kefir
- 2 cups non-chlorinated (filtered) water (to completely cover carrots)

## **Method - Probiotic Capsules**

1. Place flavor combo of choice in to a very clean jar and add carrot sticks in the jar on top
2. Add in Kefir and pour in filtered water until carrots are covered - leaving about 3-4cms at the top of the jar.
3. Secure lid and leave on your bench out of direct sun light for 24-36hrs. Your ferment should start to fizz like soft drink, then move to fridge.
4. Use as a snack on their own, in salads, as a dipping stick for hummus and other yummy dips.
5. Can keep in Fridge for 2 weeks max with this method. They are better eaten within 5 days as they continue to soften.