



## FERMENTED FRUIT

There's two reasons why we ferment fruit. 1 - To add a boost of probiotics, 2 - the fermenting process gobbles up most of the sugar in the fruit. So if you are on keto or need to reduce sugar from your diet, popping fruit in a coconut water kefir and water mix for 12-24hrs will help eat up most of the sugar content.

Your fermented fruit will be enhanced because it's now rich in probiotics, enzymes, bio-available nutrients and minerals. The end result will be a softer, juicy, less sweet version of your fruit with a tangy fermented taste.

You can ferment ripe bananas (and any other fruit) overnight and add them to smoothies or banana bread. You can ferment green bananas (very green) and pop them in the blender with eggs and make pancakes, you can make yummy frozen ice-blocks by blending your fermented fruit. You can freeze your fermented fruit and make a sorbet. You can mix fruits in together - mango and banana is yummy. Also mango and kafir lime leaves make an amazing flavor!

Other yummy fruits to ferment:

- Raspberries
- Strawberries
- Green apples
- Peaches
- Pears
- Red Papaya
- Mango
- Bananas
- Green Bananas
- Passion fruit



## FERMENTED FRUIT CONT'D

### Ingredients

- **Your desired amount of your desired fruit**
- **Coconut water kefir (to cover 1/2 of the fruit)**
- **Filtered water (to cover the rest of the fruit)**

### **Method**

1. Get a nice clean jar and lid that seals nicely. Make sure it is large enough to leave about 5cms at the top of the jar.
2. Chop fruit into desired sized pieces and add to a jar - Peaches and other stone fruit are great halved, pears quartered, berries whole etc.
3. Pour in coconut water kefir until about 1/2 the fruit is covered and seal with a lid and place out of sunlight to ferment for 12-24hours.
4. Check at the 8hr mark especially if hot. You are looking for most of the sweetness to be gone and a slight zingy taste.
5. Leave for 12 hours and check again. In winter it will take longer, up to 24hrs.
  - When ready, depending on how you plan to use it, you can place in the fridge and use up within 7 days, or strain the kefir out and put aside and blitz fruit for ice-blocks. Or you can pour the whole mix in to freezer pods or an ice tray to make sorbet once frozen, add to smoothies as a sneaky hidden probiotic element.

As always - introduce slowly and monitor how your body responds.

Please ask any questions in the group for guidance or ideas!