

Probiotic Food Recipes

Chia Pudding:

3 cups almond milk/coconut milk

1/2 cup chia seeds

1 tablespoon cinnamon

1 teaspoon vanilla extract

In a mason type jar, combine all ingredients, place lid on top and shake well. Let sit for 5-10 minutes and shake again, so it mixes well. Store in fridge 2-3 hours or overnight. Serve with fresh berries or granola

Sauerkraut:

Ingredients:

1 med cabbage-green, red or a combination (may be any type of cabbage—get creative!!)

1 T caraway seeds (optional)

2 T sea salt, fine

Optional: diced peeled apples, finely grated carrots, green onions, or anything else you would like to add

Optional: use 1 T sea salt and 1/4 cup whey

Directions: Shred cabbage very fine and place in a large stainless steel bowl. Add all other ingredients, and pound with meat pounder for about 10 minutes. Alternatively, knead with clean hands for the same amount of time. Place ingredients in wide mouth ball jar, pressing down with your fist or a meat pounder. **Be sure the liquid covers the cabbage.** Leave one inch space from the top. Seal tightly. Put up on counter for 3-5 days, and then place in cold storage. Sauerkraut will keep for about 3 months after opened. Sauerkraut will get better with age—you may wait up to a year to open it!

Beet Kvass:

Ingredients:

Makes 2 quarts

1 medium beet, sliced fine (Do not grate.) • 1 T sea salt, fine

5 cloves garlic, peeled and chopped

1 cup whey

1 teaspoon of grated ginger (optional)

Water to fill

Directions: Place ingredients in a 2 quart wide mouth ball jar and fill to the shoulder of the jar with pure water, leaving one inch space from the top. Seal tightly. Ferment for 2-5 days on the counter. When done, store in refrigerator. Drink diluted with water, or drink about 2 oz. per day, undiluted.