

ROAD NOTES HEALTHY RECIPE  
(RVegan\_life @ Instagram)

# How To Make your own Sauerkraut



Ready in 3 weeks

Serves 1 large jar

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[RoadNotesRV.com](http://RoadNotesRV.com)



## Ingredients

- 1 big mason jar with tight lid
- 1 green cabbage (keep 1 leaf for the top)
- 3 medium size carrots
- 1 tbsp fresh grated ginger
- 1 tbsp grated turmeric
- 1 tbsp minced garlic
- 1 tbsp ground turmeric
- 1 tsp fennel seeds
- 1 tbsp Himalayan Sea Salt

## Preparation

1. Sterilize the jar before your start.
2. Wash the cabbage and the carrots.
3. Finely slice the cabbage, grate the carrots, turmeric and ginger, and press the garlic.
4. Place all ingredients in a large mixing bowl.
5. Using a pair of gloves, start mixing and massaging the veggies until they get soft and juicy.
6. Add the mix in the jar, packing it until it is full of veggies and covered in juice.
7. Place the cabbage leaf on top to prevent oxidation.
8. Close the jar with an air-tight lid.
9. Keep the jar on a plate since liquid might come out during fermentation.
10. Leave the jar to ferment in room temperature for about 3 weeks.

11. When ready, transfer to the fridge and enjoy every day.

### **Meal Information**

Sauerkraut is a super simple recipe, that's adding beneficial bacteria to your microbiome, increasing your digestive system immunity and boosting brain health!