

Easy Garden Pickles



radishes
carrots
red onion
cucumbers
2 cups white vinegar
1 cup water
2 tablespoons sea salt
2 tablespoons sugar
1 tablespoon mustard seeds
1/4 teaspoon whole black peppercorns
1 garlic clove

Cut or slice up your vegetables any way you like.

Place all your vegetables into a clean 1-litre mason jar.

Add white vinegar, water, sea salt, sugar, mustard seeds, black peppercorns, and garlic. Close the lid and give the jar a good shake.

Keep in the fridge for up to 8 weeks.

You can eat your pickles right away or wait for a period of 2 weeks.

Enjoy!

Per Serving (excluding unknown items): 220 Calories; 2g Fat (14.2% calories from fat); 2g Protein; 28g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 13904mg Sodium; 26g Total Sugars; 0mcg Vitamin D; 69mg Calcium; 1mg Iron; 79mg Potassium; 75mg Phosphorus. Exchanges: .