



## **Tips For Adding Cultured Vegetables To Your Daily Diet**

### **Cultured Vegetables**

- Before you ferment the vegetables, think about how you want to eat them
- This will help you decide what vegetables to do and the size and variety
- Eating them raw is best for getting the good bacteria and enzymes
- Cooking them will still allow you to enjoy the extra bioavailability of the nutrients

### **Adding The Vegetables To The Diet**

- The easiest way is to cut them into sticks or chunks just as you would for a vegetable tray
- Eat them as you would eat raw vegetables with your favourite dip
- Add them to smoothies just as you would their non-fermented counterparts for extra good bacteria and nutrient bioavailability
- Chop them up and add to eggs for breakfast

### **Adding The Vegetables To The Diet**

- Add them to cooked vegetables dishes at the time of serving
- Add them to soups at the time of serving
- Make a cold soup with them – puree it and serve it as a summer treat
- Puree them and add it to hummus or other dips
- Chop them to make a condiment for sandwiches, wraps or burgers

### **Adding The Vegetables To The Diet**

- Seasoning the vegetables as part of the fermenting process adds more nutrients to the mixture
- Experiment to find the combination that suits your taste expectations
- This is a great way to increase the vegetables content of your diet