

Tips For Adding Kimchi To Your Daily Diet

Kimchi

- Kimchi can be either hot or plain, vegetarian or with added fish
- Once you decide how you like your kimchi – adding it to meals and recipes is the next step
- It makes a nice snack by itself or with crackers
- 2-4 ounces (56-112 g) is enough to consume daily
- The key is finding the way you like best

Adding It To The Diet

- Serve it with eggs for breakfast
- Add it to soups (after the soup has been served)
- Add it to smoothies – by adding other ingredients that compliment its flavour such as lettuce, tomatoes, carrots, cucumber
- Mix it in with a vegetables dishes (after they have been served)

Adding It To Your Diet

- Add it hummus and other dips (chop it first) and serve on whole grain crackers or with raw vegetables
- Use it as a condiment on hamburgers or in sandwiches and wraps
- Serve with a meal to aid digestion of the entire meal
- It is really quite versatile