



Tips for Adding Sauerkraut to Your Daily Diet

Consuming Sauerkraut

- Now That You Know How to Make It and Why - let's talk about how
- Remember to consume it in a reasonable time frame after making

How Much Do You Need Daily

- 1/4 cup is enough
- 1/2 cup is also a reasonable amount
- Go slow and make sure you know how you react to it

Do You Need It Daily?

- No unless you find it specifically helpful to you
- Can be part of a wider choice of fermented foods and consumed 2-3 times a week

Tips

- Add it to your favourite hummus – chop it first
- Puree the sauerkraut with the juice and use it to replace the vinegar (and the salt) in a salad dressing
- Add it any veggie smoothie
- Mix it in with cooked veggie dishes

Tips

- Mix 1/2 cup of sauerkraut, chopped, with 1 cup apple applesauce to serve with an entre
- Use it as a condiment on a sandwich or hamburger
- Mix it with cream cheese, yogurt or [yogurt or kefir cheese](#) and add chopped green onion, your favourite herbs and pepper for a great dip or spread
- Top sushi roll with sauerkraut

Tips

- Add it on top of soups
- Serve it mixed in with scrambled eggs
- Add it to potato salad or bean salad
- Mix it into mashed potatoes or add it to a baked potato or sweet potato
- Eat as a digestive starter just before a meal



Cooking with Sauerkraut

- There are still some health benefits
- Most recipe on the internet involve cooking with
- A [Chocolate Sauerkraut Cake](#) is a tasty treat
- Add to the filling of cabbage rolls

Cooking with Sauerkraut

- Puree in the food processor and add to meatball mix or a veggie burger mix
- Make a savory pancake with some herbs and sauerkraut and serve with maple syrup
- [Pumpkin Sauerkraut Muffins](#)
- Think outside the box and find the ways that work for you