



Gut-Friendly Plum Sauce

6 medium plums (black or blue although any type of plum will be fine)
1 clove garlic, chopped
1/4 cup chopped white onion
1 1/2 tbsp grated fresh ginger
1/2 tsp chilli powder
2 tbsp water
1/2 tbsp tamari
1/2 apple cider vinegar
2-3 tbsp raw honey
1/2 cup chopped, drained sauerkraut
Sea salt and pepper to taste

Slice plums in half and discard pits. Cut the pieces into 8 chunks. Place them in a saucepan. Add the onion, garlic, ginger, chili powder and water. Place the saucepan on the stove on medium heat. Bring the mixture to boil and stir as it is coming to a boil. It takes a few minutes for the liquid to come out of the plums and stirring prevents it from sticking or burning. Once it is bubbling, turn down the heat to low and cook for about 25 minutes until it is soft. Use a hand-blender to puree or transfer to a blender and puree until smooth.

Add the tamari, honey, apple vinegar and sauerkraut. Puree again. Season with sea salt and pepper to taste. Transfer to a jar with a lid and store in the refrigerator. It will keep for a week. For longer, put in plastic container and freeze.