



60 Days to Reclaim YOUR Health

SAUERKRAUT

Ingredients

- 4+ pounds cabbage, shredded
- 2 carrots, peeled and grated
- 2 apples, peeled and grated
- 4 tsp unrefined salt
- 1 tsp caraway seeds (optional)

Directions

Save 2 large cabbage leaves from head.

1. Mix all ingredients in a bowl except for the 2 cabbage leaves.
2. Pound or massage for 15 minutes or until there is plenty of juice.
3. Pack a 64 oz mason jar 75% full.
4. Cover with cabbage leaves and weigh down.
5. Let sit at room temperature for 5 to 10 days.

If vegetables get slimy or turn brown, throw them out. If any white yeast develops on top, scrape it off; it is not harmful, but tastes unpleasant.