



Sauerkraut Juice

Ingredients:

½ organic cabbage (red or green is fine)

½ cup whey (strained from your home made yogurt or if necessary strain a commercial – BD Farmers Plain Yogurt and use that)

Method:

Using a cold pressed juicer juice the cabbage

Strain the juice, place it in a jar leaving room to add the whey. Tip the jar gently a couple of times to mix together, put the lid on and leave on your bench covered with a towel for 5-7 days then move it to your fridge.

The liquid will turn a golden brown colour as it ferments, after 7 days put it in the fridge to be used throughout the Intro phase.