

FERMENTED CARROTS



Shred about four carrots
Pack them into a clean pint glass jar
Mix 2-3 tsp salt in about ¾ pint of warm water
Place weight on carrots
Pour the salt water around the carrots until they are fully covered
Place the silicone pipe and the metal ring on the jar
Place the jar on the counter in a shallow dish or plate for about a week.

ENJOY YOUR HEALTHY TREAT!



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