



Fermented Veggie Sticks

From [The Fiber Fueled Cookbook](#)

Ingredients (Serves 4)

- 1 pound of carrots, washed, peels on, cut into sticks
- 2 cardamom pods, cracked
- 1 pound celery, washed, cut into sticks
- 1 tsp cumin seeds
- 1.5 Tb pure kosher salt
- 1 liter filtered water



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Directions

- Put the carrot sticks and cardamom in a wide mouth, 1-quart, glass jar and place the celery sticks and cumin in another wide mouth, 1 quart, glass jar. Be sure to pack the veggies in tightly, side by side, to help them stay under the brine.
- Make your brine by dissolving the salt in just enough boiling water. Then top it off with cool water to bring the total solution volume to 1 quart.
- Pour the cooled brine over the vegetables and use a fermentation weight to keep the vegetables submerged. Seal the jars.
- Allow the veggies to ferment for 10 to 14 days. The brine will get cloudy and fizzy as the vegetables ferment, but don't worry – this will clear up.
- Once the veggies are done fermenting and ready to eat, store them in the fridge and consume within 4-6 months.

Culinary Tip:

These make an awesome addition to a snack board or a fun, "elevated" hummus pairing.

Nutrition Tip:

Naturally fermented foods, like these veggie sticks, are a great source of probiotics – good bacteria – that support a healthy gastrointestinal system. Good gut health is critical for good mood, good sleep, and good immune function, among many other things.

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