CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Carrot Ginger Kraut

Gut Health & Digestive Support

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What This Supports: Gut health • Digestion • Microbial diversity • Budget-friendly fermented food

Why It Works: Salt-based fermentation supports the growth of lactic-acid bacteria and organic acids. Cabbage and other vegetables contribute fiber and phytonutrients; ginger/lemon/dill add aromatic compounds that support meal enjoyment.

Tools Needed:

- 2 glass jars
- 1 large non-reactive mixing bowl
- Food processor
- Knife
- Cutting Board
- Wide mouth funnel
- Towel

Ingredients:

- 1 head cabbage
- 4-5 large carrots
- 1 2-inch piece ginger
- 4 tbsp whey
- 1 tbsp sea salt

Directions:

1. Remove outermost cabbage leaf and set aside.
2. Shred all vegetables and place a large bowl. Add whey and salt.
3. Massage (knead, mix) until enough brine comes out to cover the veggies.
4. Scoop into jars and put on lid tightly. Set, covered, on counter for 4-7 days. Burp the jars and/or taste daily.
5. Will keep for up to 6 months

Key Nutritional Benefits:

- Fermented vegetables provide organic acids and beneficial microbes that support gut ecosystem diversity.
- Cabbage and carrots contribute fiber that supports regularity and satiety.
- Ginger/lemon/dill add flavor and plant compounds that can support digestion routines.

Best Use:

- 1–2 tablespoons with meals (start small if new to ferments).
- As a side for protein-based meals to add crunch, acidity, and fiber.

• Batch-prep for an inexpensive “gut-support” add-on all week.

Quick Notes:
• Keep vegetables submerged in brine to reduce mold risk.
• “Burp” jars daily during active fermentation to release pressure.
• Refrigerate once desired sourness is reached; flavor continues to develop.
• Discard if you see fuzzy mold, smell putrid/rotten odors, or notice slime (food-safety first).