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Evidence-Based Functional Nutrition

Fermented Salsa

Gut Health & Meal Flavor Boost

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What This Supports: Gut health • Digestion • Antioxidants • Low-cost meal upgrade

Why It Works: Short fermentation introduces organic acids and beneficial microbes while preserving bright flavors. Tomatoes, herbs, garlic, and onions contribute antioxidants and phytonutrients; fermented condiments are an easy way to increase fermented-food intake without adding sugar.

Ingredients:

- 4 tomatoes
- 1 bunch cilantro
- 1 onion
- 6-8 cloves garlic
- Juice of 2 lemons
- 1 tsp dried oregano
- 4 tbsp whey
- 1 tbsp sea salt
- Optional: 1/4 (or to taste) chilli powder

Directions:

1. Cut veggies, add all ingredients to a bowl.
2. Mix.
3. Press into jars.
4. Set on the counter, covered, for 2 days.
5. Keeps in the fridge for up to 6 months.

Key Nutritional Benefits:

- Fermentation adds organic acids that support flavor and food preservation.
- Tomatoes, herbs, and garlic provide antioxidant and phytonutrient support.
- A small serving can help you add fermented foods consistently.

Best Use:

- As a condiment: tacos, eggs, bowls, grilled meats, or roasted veggies.
- Start with 1–2 tablespoons; increase as tolerated.
- Great for meal prep: one batch can elevate multiple meals.

Quick Notes:

- Use clean jars/utensils to reduce contamination risk.
- If the lid swells or jars hiss strongly, vent carefully (pressure is normal).
- Refrigerate after fermenting; keep chilled and use within ~6 months for best quality.
- If you're sensitive to histamines or fermented foods, start with very small amounts.