



CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Spicy Rosemary Pickles
Digestive & Flavor Support

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Spicy Rosemary Pickles

Digestive & Flavor Support

What This Supports: Gut health • digestion • meal enjoyment

Why It Works: Fermented cucumbers supply beneficial microbes; herbs add polyphenols.

Ingredients & Directions:

Spicy Rosemary Pickles

Tools:

Jar

Knife

Pot

Ingredients:

2 cups basic salt brine

- 2 tbsp Himalayan or sea salt, 2 cups filtered water

4-6 mini cucumbers

1 clove garlic

2 red Thai chili

1-3 sprigs rosemary

1-2 tsp peppercorns

Directions:

1. Prepare basic salt brine. Bring 1/2 cup of water to a simmer and add the salt. Remove from heat and stir until salt is dissolved. Add to the rest of the water in a glass jar and let cool completely.
2. Add cucumbers, garlic, pepper, chilli and rosemary to a jar and fill with salt brine, leaving one inch at the top.
3. Set on a counter, covered, for two weeks, burping each day.

Best Use: Serve with heavier meals.

Food Safety & Notes:

- Keep submerged
- Discard if slimy

Storage: Refrigerate up to 1 month