



## **FITTER FORT COLLINS YOUR HEALTH MATTERS**



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### **Basic Kimchi (Vegan / Gluten Free)**

**1 head Napa cabbage, chopped**

**3 carrots, shredded**

**1 large daikon radish, shredded**

**1 large onion, chopped**

**1/4 cup dulse seaweed flakes (or any other shredded sea vegetable)**

**1 tbsp. chile pepper flakes**

**1 tbsp. minced fresh ginger**

**1 tbsp. sesame seeds**

**1 tbsp. coconut sugar**

**2 tsp. unrefined sea salt**

Mix all ingredients together and let sit for at least 30 minutes. Press down firmly, so that liquid comes to top of mixture. Leave 1" space at top of jar. Cover tightly with lid, or an airlock, or top with a water filled Ziploc bag to seal off oxygen. Leave at room temperature for 3 to 7 days. In the first 24 hours, open the jar and press firmly on the ingredients a few times to make sure liquid is fully covering the mixture. Taste for the degree of sourness you want, then refrigerate. Serving size is 4 tsp.

