

FOOD RENEGADE'S 7 NATURALLY-PROBIOTIC RECIPES YOUR KIDS WILL LOVE

Lacto-Fermented Rustic Salsa

The Players

- 6 medium organic tomatoes, halved
- 1 large organic onion, peeled and halved
- 4 organic sweet bell peppers; stem, pith, and seeds removed
- 4 organic cloves of organic garlic, peeled
- 1 (to 2) small organic jalapenos (depending on how hot you like it), stem and seeds removed (optional)
- 2 teaspoons sea salt ([where to buy sea salt](#))
- 4 tablespoons [liquid whey](#) or Veggie Starter Culture ([where to buy starters](#))
- filtered water, if needed ([see what water purifiers I recommend](#))

The How-To

1. Get your food processor ready with the regular blade attachment. Process the tomatoes first, blending until the juices release and the tomato chunks are at your desired size (I love small bits, but you can always go bigger). Transfer to the glass bowl.
2. Repeat the same process as with the tomatoes with the onion, bell peppers, garlic, and jalapenos. Transfer all ingredients to the glass bowl, add the sea salt and liquid whey. Mix well until everything is evenly distributed.
3. Distribute the prepped salsa equally between two one-quart mason jars. Be sure that the salsa is covered with the salsa liquid by at least 1 inch, if it is not and there is not enough liquid, add filtered water as needed. Allow to ferment on the counter for 2 to 3 days and then transfer to your refrigerator. Now your lacto-fermented salsa is ready to eat. Enjoy!

LACTO-FERMENTED CARROT STICKS

Note: Using a narrow-mouth quart jar is helpful for a ferment like this because it helps to keep the carrot sticks submerged. A wide-mouth jar also works, but isn't quite as helpful in this regard.

The Players

- 1 – 1 1/2 pounds of fresh carrots, trimmed
- 3 garlic cloves, peeled
- 2 cups of water, or more as needed
- 2 tablespoons of sea salt ([where to buy real American sea salt](#))
- one hefty outer cabbage leaf

The How-To

1. Make brine by dissolving the sea salt in water. If your water is cool you may have to heat part of the water in order to dissolve the salt. Then stir in the cool water and let brine cool to room temperature before using.
2. Place peeled garlic cloves in the bottom of a quart jar. Cut carrots into quarters lengthwise to the height of the narrowing of the narrow-mouthed jar. If using a wide-mouth jar, cut them so that they are about 1 – 1 1/2 inches below the bottom of the ring of the jar.
3. Place carrot sticks vertically in jar on top of the garlic cloves. Pack them in so they are snug, but not over-packed so that the brine can still penetrate the carrots.
4. Pour the 2 cups of brine over the carrot sticks so that they are completely covered by as much brine as possible, leaving a 1" or so headspace between the brine and the lip of the jar. Add more water, if needed.
5. Place the hefty outer cabbage leaf over the carrot sticks and tuck it in to the sides as tightly between the carrots and the jar as you can. Keeping your carrots submerged with this cabbage leaf is one of the most critical part of the process.
6. Place the lid on the jar and close tightly. If using an airlock system place that on the lid according to the directions on the package.
7. Place at a cool room temperature, 65-80 being ideal, and allow to culture for 7-10 days or longer, as desired. You can also leave it at room temperature for a few days and then move to a cooler temperature (not refrigeration) of 45-60 degrees to complete the fermentation process over the course of several weeks for better flavor and a more thorough fermentation process.
8. During the earliest stages of fermentation you will have to "burp" your jar if not using an airlock. For best results do this only very slightly – just barely unscrew the lid until you hear a

small amount of the gas escaping and then screw it back on quickly. You want to let just enough of the carbon dioxide out so that the jar won't explode, but leave enough in so that you achieve as much of an anaerobic environment as possible.

9. Eventually the formation of carbon dioxide will slow down and you won't have to burp the jar any longer.
10. You can eat the carrot sticks right away at this point or move them to cold storage like a cellar, a cool basement, a hole in the ground, or, if you must, a refrigerator.

Pumpkin Spice Yogurt Dip

Note: this is ambrosial as a dip for apple slices!

The Players:

- 1 quart of plain yogurt ([where to find yogurt & starter cultures](#))
- 1/2 C pumpkin puree
- 3 T. unrefined sugar (sucanat) ([where to buy sucanat](#))
- 2 T. raw honey ([where to buy raw honey](#))
- 1/2 t. cinnamon
- 1/4 t. ginger
- 1/4 t. nutmeg
- 1/4 t. allspice
- 1 bowl, an elastic rubber band, and a sanitized (as in never used!) dish towel, handkerchief, or thin cloth diaper

The How-To:

1. You begin with a mixing bowl. Drape a towel over it (cheesecloth, handkerchiefs, or cloth diapers work, too), and attach around the edges of the bowl with an elastic rubber band.
2. Now, pour that quart of yogurt into the towel and let it drip into the bowl.
3. Once the dripping slows, collect the edges of the towel together and string up the towel with the yogurt inside to let the whey continue to drip. Leave it hanging above the bowl until it stops dripping. The time will vary based on the weave of your towel. ([Click here to see photos of this process.](#))

4. You'll be collecting whey in the bowl. Don't throw this liquid gold out! It has SO MANY uses in traditional food preparation techniques, and it can easily be added to smoothies as a protein booster. Put it in a jar in your fridge to use later.
5. When the towel stops dripping, what's inside is about 8oz. of yogurt cream cheese.
6. Now, add in your pumpkin and spices. Blend together with a spoon, and you're done!

Easy Honey-Nut Creme Fraiche Dessert

The Players

- 1/4 cup creme fraiche or cultured sour cream (this is sour cream that has live cultures in it)
- 1 Tbsp raw nut butter (we've used cashew, peanut, and almond) ([where to find nut butters from properly soaked nuts](#))
- 1 tsp raw honey ([where to find raw honey](#))

The How-To

1. Now for the easy part. Stir all ingredients together in a tea cup or small bowl. Enjoy!

Raisin Chutney

The Players

- 3 cups raisins, soaked in warm water for an hour
- 4 cloves of garlic, chopped
- 1 bunch of cilantro (stems removed)
- 20 black peppercorns
- 1/2 tsp. red pepper flakes
- 2 tbsp. coriander
- 1 tbsp. anise
- 1 tbsp. freshly grated ginger
- 2 tsp. sea salt
- 1/4 cup liquid whey (strained from yogurt, kefir, or raw milk) OR 1 tbsp. prepared vegetable starter culture ([where to buy veggie starter cultures](#))
- 1 cup filtered water

EQUIPMENT:

- A good food processor ([see my favorite food processor here](#))
- Quart-sized jar ([where to buy jars](#))

The How-To

1. Place garlic and cilantro in your food processor and pulse a few times. Drain the raisins and add to the food processor, along with the peppers and remaining spices. Pulse until the mix becomes paste-like.
2. Transfer to a quart-sized jar and press down with a wooden spoon to remove air pockets. Mix salt and whey (or starter culture) with water and pour into jar. You may need to poke a few holes in the chutney to help the liquid percolate through the jar. If necessary, add more water to cover the chutney. Leaving at least 1 inch of air below the top of the jar, cover tightly and keep at room temperature for 2 days.
3. Transfer your Raisin Chutney to the refrigerator and consume within 2 months. My children love dipping gluten-free crackers in this chutney, pouring it over rice, and eating it with fruit slices.

Honey Mustard Pickle Relish

The Players

- 4-5 pickling cucumbers
- 2 tbsp. fresh dill (or 2 tsp. dried dill)
- 1 tbsp. sea salt ([where to find real sea salt](#))
- 4 tbsp. whey (drained from yogurt, if not available, use an extra 1 tbsp. salt)
- 4 tbsp. honey mustard

The How-To

1. Wash cucumbers well & grate them in a food processor or by hand. Stir in remaining ingredients.
2. Place mixture in a quart-sized, wide-mouth mason jar. Using a kitchen mallet or wooden spoon, squeeze the grated cucumbers down and allow liquid to cover them. If there's not enough liquid to cover, add filtered water to get the job done. The top of the liquid should be at least one inch below the top of the jar (that's to make room for all that glorious fermentation).
3. Cover tightly and keep at room temperature for about 2 days before transferring to cold storage.
4. Keep in cold storage for 2 more days, then open, stir in honey mustard and enjoy! This honey mustard pickle relish is a definite kid pleaser and can keep for up to two months in the refrigerator.

Tzatziki Sauce

Note: Tzatziki sauce is a nutrient-rich, traditional Greek dip or dressing. Made with fresh, probiotic yogurt, cucumbers, lemon juice, olive oil, and dill this tzatziki sauce recipe tastes cool, refreshing, and light. We enjoy dipping savory meatballs in it, using it as a dressing on any salad featuring olives or feta, and pairing it with freshly sliced veggies like red bell peppers, tomatoes, carrots, summer squash, cucumbers, or celery.

The Players

- 3 cups of Greek yogurt* ([where to find yogurt starter cultures](#))
- 2 cucumbers, seeded and shredded
- 1 lemon, juiced
- 1 Tbsp. olive oil ([where to find REAL olive oil](#))
- 1 Tbsp. chopped fresh dill
- 3 cloves garlic, minced (optional)
- salt, to taste

*Or, you can strain your own yogurt for a while to yield Greek yogurt and whey. (This can be anywhere from a half hour to two hours, depending on how thick your strainer/cheesecloth is. Be sure not to strain so long that you've made yogurt cheese!)

The How-To

1. Begin by slicing your cucumbers in half and removing the seeds from them, if you haven't already. Once shredded, slightly salt your cucumbers and leave them in a bowl for about 30 minutes to draw out the water. After the half hour has passed, drain the water from your bowl and blot your cucumbers with an absorbent towel.
2. Whisk all the ingredients together by hand, or use a blender or food processor if you prefer.
3. Let refrigerate for at least 2 hours. DO NOT SKIP THIS STEP. It is essential to allow the flavors to fully blend.
4. Enjoy your tzatziki sauce!