body ecology®

Gut Recovery Recipes

36 Must-Eat Cultured Foods

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Over the past 25 years, Donna Gates has become one of the most respected authorities in the field of digestive health, diet, and nutrition. When she re-introduced traditional fermented foods to the U.S. marketplace, she coined the term “Cultured Foods” to distinguish between foods fermented wildly—for which there was some evidence of possible contamination and associated gut-health concerns—and foods fermented with a “Culture Starter”—specific strains of beneficial microbes that were chosen to repair the microbiome.

Basic Recipe for Cultured Vegetables

How to Make Homemade Cultured Vegetables. Use this easy method and the microbial-enriched brine to make all of the cultured veggie recipes in this ebook.

1. Choose one of the cultured veggie recipes below.
2. Combine all cut or shredded veggies in a large mixing bowl.
3. Add the Body Ecology Signature Microbial Enriched Brine (see below) to veggie mixture, mixing well.
4. Pack vegetables into 1-quart wide-mouth Mason jars, leaving about 2 inches of space at the top so that veggies can expand. Push down on veggies as if you were attempting to push all the air out of the jar.
5. Roll up several reserved cabbage leaves into tight “logs” and fit into the top of each jar to fill the space. Place lid on each jar. While fermenting, the vegetables should always be under the liquid brine. If you need to add more liquid to your shredded vegetables once they are packed into the jars, just add a little more filtered water.
6. Let veggies sit for 7 days at room temperature (70 to 72ºF). You can refrigerate the jars to slow down fermentation.
7. Enjoy with each meal!

Body Ecology Signature Microbial Enriched Brine

You can use this easy method to make all of your cultured veggie recipes.

**Ingredients:**
- 3 red apples, chopped
- 2 tsp Celtic Sea Salt
- 1 tsp Body Ecology EcoBloom™ powder
- 1 packet of Body Ecology Culture Starter
- Body Ecology Ancient Earth Minerals™ (contents of 6 capsules)
- 4 cups water

**Directions:**
Put all the ingredients into a high-speed blender and blend well.

This recipe makes enough brine for approximately nine 1-quart jars of cultured vegetables.
Cultured Cabbage, Kale & Dill

Ingredients:
- 3 heads red cabbage, shredded in food processor, reserving 5 or 6 whole, large leaves
- 2 red onions, sliced thin and then coarsely chopped or shredded in food processor
- 1 large bunch fresh cilantro, rinsed, coarsely chopped
- 2 medium red bell peppers, diced by hand
- 4 to 6 cloves garlic, chopped
- 1 large poblano chile, de-stemmed, sliced (more seeds equal more heat)
- 2 carrots, shredded in food processor
- ½ cup to 1 cup wakame, cut into pieces with kitchen shears
- 2 tsp Celtic Sea Salt
- Body Ecology Signature Microbial Enriched Brine

Cultured Cabbage, Carrot, Ginger & Garlic

Ingredients:
- 3 heads green cabbage, shredded, reserving 5 or 6 whole, large leaves
- 1 bunch kale, chopped by hand
- 6 large carrots, shredded
- 1 3-inch piece ginger, peeled, chopped
- 6 cloves garlic, peeled, chopped
- 2 tsp Celtic Sea Salt
- Body Ecology Signature Microbial Enriched Brine

Cultured Spicy Red Blend

Ingredients:
- 3 heads red cabbage, shredded in food processor, reserving 5 or 6 whole, large leaves
- 2 red onions, sliced thin and then coarsely chopped or shredded in food processor
- 1 large bunch fresh cilantro, rinsed, coarsely chopped
- 2 medium red bell peppers, diced by hand
- 4 to 6 cloves garlic, chopped
- 1 large poblano chile, de-stemmed, sliced (more seeds equal more heat)
- 2 carrots, shredded in food processor
- Body Ecology Signature Microbial Enriched Brine

Cultured Green Cabbage, Kale, Onion & Fennel

Ingredients:
- 3 heads of green cabbage, shredded, reserving 5 or 6 whole, large leaves.
- 1 large bunch kale, chopped by hand
- 1 large bunch fresh mint, coarsely chopped by hand
- 1 large fennel bulb, shredded in food processor
- 2 yellow or sweet onions, sliced thin or shredded in food processor
- Body Ecology Signature Microbial Enriched Brine

Storage and Safety

Cultured vegetables will be safe to eat for up to one year but they will continue to become more and more sour. They also won’t have as many live beneficial bacteria after about 2 months.
Cultured Dilly Green Blend

Ingredients:
- 3 heads green cabbage, shredded, reserving 5 or 6 whole, large leaves
- 3 large cucumbers, cut into thin slices by hand
- Bunch fresh dill, coarsely chopped
- 2 yellow or sweet Vidalia onions, sliced thin or shredded in food processor
- 1 Tbsp dill seed
- 4 large cloves garlic (optional)
- ¼ cup dried, cut wakame (soaked in water for 10 minutes to soften)
- Body Ecology Signature Microbial Enriched Brine
- 1 Tbsp briskly minced garlic
- ¼ cup white miso

Directions:
1. Pack cucumber slices, garlic and pearl onions tightly into a 1-quart glass jar.
2. Add the herbs and spices on top.
3. Combine the water and sea salt to make a brine.
4. Pour brine into the jar, leaving about an inch of space.
5. Place the thick onion slice on top to completely submerge the ingredients in the jar. You can also use rolled up cabbage or kale leaves.
6. Seal the jar and let pickles sit at room temperature for 3 days. If after 3 days the pickles are not yet to your taste, let them sit for another day or two. You still want them to have some crunch. Refrigerate when they’re the way you like them.

Quick and Easy Homemade Dill Pickles

Ingredients:
- 4 small, unpeeled pickling cucumbers, quartered lengthwise
- 2 cloves of garlic
- 4 pearl onions, sliced in half
- 2 sprigs of fresh dill
- ½ tsp coriander seeds
- ¼ tsp mustard seeds
- ¼ tsp whole peppercorns
- 2 cups of water
- 1 Tbsp coarse, grey Celtic Sea Salt
- 1 thick slice from a large onion
- 4 scallions, cut into 1-inch pieces
- 4 cloves of garlic, finely diced
- 4 Tbsp fresh ginger, finely minced
- 2 Tbsp chili powder
- Body Ecology Signature Microbial Enriched Brine

Directions:
1. Pack cucumber slices, garlic and pearl onions tightly into a 1-quart glass jar.
2. Add the herbs and spices on top.
3. Combine the water and sea salt to make a brine.
4. Pour brine into the jar, leaving about an inch of space.
5. Place the thick onion slice on top to completely submerge the ingredients in the jar. You can also use rolled up cabbage or kale leaves.
6. Seal the jar and let pickles sit at room temperature for 3 days. If after 3 days the pickles are not yet to your taste, let them sit for another day or two. You still want them to have some crunch. Refrigerate when they’re the way you like them.

Body Ecology Classic Cultured Kimchi

Ingredients:
- 1 head napa cabbage, approximately 2½ to 3 pounds, coarsely chopped, reserving 5 or 6 whole, large leaves
- 1 medium daikon radish, shredded in food processor or cut into ¼ inch cubes
- 3 carrots, shredded in food processor
- 4 scallions, cut into 1-inch pieces
- 4 cloves of garlic, finely diced
- 4 Tbsp fresh ginger, finely minced
- 2 Tbsp chili powder
- Body Ecology Signature Microbial Enriched Brine

Directions:
1. Pack cucumber slices, garlic and pearl onions tightly into a 1-quart glass jar.
2. Add the herbs and spices on top.
3. Combine the water and sea salt to make a brine.
4. Pour brine into the jar, leaving about an inch of space.
5. Place the thick onion slice on top to completely submerge the ingredients in the jar. You can also use rolled up cabbage or kale leaves.
6. Seal the jar and let pickles sit at room temperature for 3 days. If after 3 days the pickles are not yet to your taste, let them sit for another day or two. You still want them to have some crunch. Refrigerate when they’re the way you like them.
Cultured Young Coconut Kefir

Young coconut kefir is an important probiotic, alkalizing and mineral-rich fermented food. You should begin drinking it in Stage 1 of The Body Ecology Diet. You’ll soon find that with its abundance of exceptionally powerful and beneficial microbiota, it will help you to quickly establish your inner ecosystem. Young coconut kefir and coconut kefir cheese have no casein. They introduce dairy-loving bacteria into the intestines so that if you eventually choose to drink kefir made from milk, you’ll have a much better chance of tolerating it—if it’s introduced slowly and in small amounts.

Ingredients:

1½ quarts of water from approximately 3 young coconuts
Body Ecology Kefir Starter and/or Culture Starter

Directions:

1. Extract the water from several young coconuts.

2. Pour the coconut water into a saucepan and heat to 92°F. Use a cooking thermometer to check the temperature, or wash your hands well and dip your finger into the coconut water to test. At 92°F, it won’t feel either hot or cold, much the same as testing baby formula. Do not overheat! A temperature above 105°F will kill the microbiota and most of the enzymes and vitamins will be destroyed.

3. Add 1 packet of Body Ecology Kefir Starter to the warmed coconut water. The Kefir Starter contains different strains of Lactobacillus as well as beneficial yeast. (Body Ecology Culture Starter can be used instead of the kefir starter or in addition to the kefir starter to add L. plantarum, a very beneficial bacterium that makes folate.)

4. Pour coconut water with starter into a glass container with tight-fitting lid. (The water from three coconuts will usually fill a 1.5 quart jar.) Tighten the lid on the jar and shake vigorously.

5. Ferment the coconut water at 72 to 75°F for 36 hours. Insulate if necessary to maintain this consistent temperature. Maintaining this temperature is essential for a successful batch.

6. Save enough coconut milk kefir from this batch to begin your next batch.

Young coconut kefir is a discovery unique to Body Ecology. It quickly became one of our favorite medicinal drinks! It stops cravings for sugar, aids in the digestion of all foods, while toning and cleansing the intestines and the liver. We’ve had many reports of it easing aches and joint pains, clearing up skin problems, improving vision, making hair and nails healthier because of its high mineral content (potassium, natural sodium, and chloride), and helping to cleanse the endocrine system (adrenals, thyroid, pituitary, ovaries).

Coconut water kefir does not thicken like milk kefir. It is ready when it becomes cloudy and an effervescent layer forms on the top. The taste is slightly tart and tangy, while some of the original sweetness remains.
Cultured Coconut Kefir “Cheese”

Ingredients:
Spoon meat from 3 young Thai coconuts
Water, coconut water or sour fruit juice
Fresh sour fruit or vanilla beans (optional)
Body Ecology Kefir Starter
Body Ecology EcoBloom (optional)

There is not as much sugar in coconut spoon meat as there is in the coconut water, so it does not need a long fermentation. The longer it ferments the more sour it will become. If your desire is to create a dessert or special treat, 8 hours is ideal.

When your cheese is done, you can purée flavorings like fresh vanilla bean or fresh or frozen berries into the spoon meat. To sweeten, just add Body Ecology’s liquid stevia concentrate to taste.

Directions:
1. Place spoon meat in a blender or food processor. Add enough water, coconut water, or a diluted fruit juice and purée until it’s the consistency of a creamy pudding. (Body Ecology-recommended sour fruit juices are pomegranate, blueberry or cherry.)
2. Dissolve the kefir starter in warm water. If desired, add a pinch of EcoBloom™, especially if you are using tap water or filtered water. (EcoBloom acts as a prebiotic to fuel the growth of beneficial bacteria.)
3. Divide pudding between two 1-quart glass containers until half full to leave room for the pudding to expand as it ferments.
4. Put an airtight lid onto the container and allow the cheese to ferment for about 8 hours. Refrigerate to stop fermentation.
5. Use the kefir “cheese” in recipes or eat as-is.

Cultured Milk Kefir

Ingredients:
1 quart of milk (cow, camel, goat, or sheep), preferably raw
1 Package Body Ecology Kefir Starter

Before you finish drinking your initial batch begin the second by taking out some of the initial batch and combining it with freshly warmed milk. You may repeat this approximately 7 times before you will need another foil packet. Body Ecology’s unique kefir starter contains strong, viable bacteria, including lactobacillus bacteria and two strains of beneficial yeast that are unusually hardy, making the transfer process possible.

Directions:
1. Wash a container, preferably glass with an airtight lid.
2. Pour entire foil package of room-temperature Kefir Starter and one quart of milk heated to skin temperature (about 92°F) into prepared container.
3. Whisk well and put the lid on the container.
4. Ferment at 72 to 75°F for 18 to 24 hours. The kefir will start to thicken, become slightly clumpy, and have a distinct sour aroma.
5. Once thickened, shake or stir vigorously and refrigerate. Kefir will continue to ferment in the refrigerator, but the process is slower.
**Cultured Milk Kefir Cheese**

**Ingredients:**
- 2 cups milk kefir
- Body Ecology Kefir Starter

*Kefir cheese is excellent tossed into salads. It is also delicious flavored (e.g., chopped onions, garlic, sea salt, fresh herbs) and served with an assortment of raw vegetables.*

**Directions:**
1. Make milk kefir as instructed, but let the freshly made kefir remain at room temperature for several hours longer. The curds (milk protein) will separate from the whey. The curds will float on top of the whey.
2. Line a strainer with cheesecloth. Place strainer over a bowl and pour the curds and whey mixture into the strainer. The curds will stay in the strainer and the whey will flow through. The whey can be stored in a glass jar in the refrigerator and it makes a delicious addition to a morning smoothie. After removing the whey, refrigerate the strainer and bowl containing the curds and continue to drain for several more hours.
3. Store the cheese curds in a covered container for up to 5 days.

**Cultured Ginger Kefir**

**Ingredients:**
- 8 - 12 oz coconut water kefir
- 2 Tbsp chopped ginger root

**Directions:**
Add 1 - 2 Tbsp freshly chopped and cleaned ginger root to coconut water kefir. Seal the jar and store out of sunlight at room temperature for about 33 hours.

**Cultured Mint Coconut Kefir**

**Ingredients:**
- 2-3 Tbsp finely chopped fresh mint leaf
  (or try another delicious garden herb!)

**Directions:**
While making coconut water kefir, mix in the freshly chopped mint leaves, seal the jar and store it at room temperature for 36 hours. Filter out the mint leaves and store kefir in fridge after fermentation is complete. This kefir is flavored with the delicate and refreshing notes of mint leaf and very satisfying!
Cultured Butter

**Ingredients:**
- Body Ecology Culture Starter
- Organic Cream

**Directions:**
Combine and let mixture sit at room temperature for 24 hours. Chill mixture then beat with a whisk, and voila! You’ll have healthy, microbial enriched butter that is delicious! Cultured butter is full of health sustaining beneficial bacteria like *lactobacillus plantarum*, and *lactococcus lactis*. These microbiota are essential for a healthy microbiome.

Cultured Classic Salty German Sauerkraut

**Ingredients:**
- 2 - 3 green cabbages
- 1-3 Tbsp of Celtic Sea Salt (adjust as desired)
- 1 packet Body Ecology Culture Starter

**Directions:**
Enough clean water for brine
5-6 juniper berries
2-3 bay leaves
1 Tbsp caraway seeds

Cultured Spicy Ginger Jalapeño Sauerkraut

**Ingredients:**
- 3 cabbage heads
- 1 3-inch piece of ginger
- ½ a small jalapeño, seeds removed and minced
- 1 - 3 Tbsp salt
- 5-10 juniper berries
- 5-10 black peppercorns
- 3-5 bay leaves
- Body Ecology Signature Microbial Enriched Brine

Cultured Mock Marinara

**Ingredients:**
- 12 carrots
- 2 beets
- 1 red onion
- 8-12 cloves garlic
- 1 cup basil
- 1 cup oregano
- 1-2 tsp marjoram
- Bay leaf
- Body Ecology Signature Microbial Enriched Brine
- 2 ounces Body Ecology Innergy Biotic (optional)
- ½ cup dulse (optional)
Cultured Cabbage & Basil

Ingredients:
1 head cabbage
2 Tbsp fresh basil
1 tsp salt (optional)
1 Packet Body Ecology Culture Starter or Body Ecology Signature Microbial Enriched Brine

Cultured Cabbage, Carrot, Bok Choy, Rosemary, Arame & Ginger

Ingredients:
1 head cabbage
6 carrots
2-inch piece of ginger
Rosemary to taste
1 scoop Body Ecology EcoBloom™
2 pounds bok choy
1 ounce Body Ecology Ancient Earth Minerals Liquid (optional)
1 cup arame (optional)
1-2 ounces Body Ecology Innergy Biotic (optional for an added tangy taste or use the Body Ecology Signature Microbial Enriched Brine)

Cultured Sweet & Sour Burgundy

Ingredients:
1 head red cabbage
1 head kale
1 stock celery and leaves
1 red pepper
1 red onion
12 carrots
1 cucumber
½ bunch parsley
3-inch piece of ginger
½ green apple
Juice from ½ lemon
2 ounces Body Ecology Innergy Biotic (optional)
Body Ecology Signature Microbial Enriched Brine

Tangy Cultured Kimchi

Ingredients:
1 Napa cabbage
1 small daikon radish
1 small onion
2 garlic cloves
1 Tbsp fresh grated ginger
1 tsp cayenne pepper or chili powder
1-2 ounces of Body Ecology Innergy Biotic or juice of 1 lemon
1 Packet Body Ecology Culture Starter or the Body Ecology Signature Microbial Enriched Brine
### Cultured Coconut Dill

**Ingredients:**
- 1 Head Cabbage
- 3 large Cucumbers
- 2 Cloves Garlic
- 1 Bunch Fresh Dill
- 1-2 ounces Body Ecology Cocobiotic (optional)
- 1 Packet Body Ecology Culture Starter (or use the Body Ecology Signature Microbial Enriched Brine)

### Cultured Gingered Cauliflower

**Ingredients:**
- 1 head cauliflower
- 3 large carrots
- 1-inch ginger, sliced thin
- 1-2 ounces Body Ecology Innergy Biotic (optional)
- 1 tsp Celtic Sea Salt (optional)
- 1 scoop Body Ecology EcoBloom™ (optional)
- 1 Packet Body Ecology Culture Starter (or use the Body Ecology Signature Microbial Enriched Brine)

### Cultured Kohlrabi, Beet & Carrot

**Ingredients:**
- 2 large beets
- 3 large carrots
- 1 kohlrabi, peeled and sliced thin
- 1 green apple or brine recipe
- 1 tsp Celtic Sea Salt (optional)
- 2 ounces Body Ecology Innergy Biotic (optional)
- Body Ecology Signature Microbial Enriched Brine

### Cultured Spicy Carrots

**Ingredients:**
- 1 head each of red and green cabbage
- 5 large carrots
- Jalapeño to taste (1-2, can remove seeds)
- Body Ecology Signature Microbial Enriched Brine

### Cultured Root Veggie

**Ingredients:**
- 2 pounds of turnips
- 2 pounds rutabagas
- 3 fresh mint leaves, chopped
- 1 tsp chopped mint leaves
- 1 tsp Celtic Sea Salt (optional)
- 2 ounces Innergy Biotic (optional)
- 1 Packet Body Ecology Culture Starter or Body Ecology Signature Microbial Enriched Brine
Cultured Spicy Cauliflower

Ingredients:
2 Small Serrano Peppers, sliced thin
1 Head Cauliflower
1 tsp Celtic Salt (optional)
1 Packet Body Ecology Culture Starter or Body Ecology Signature Microbial Enriched Brine

Cultured Korean Kimchi

Ingredients:
2 heads of Napa cabbage (or another Chinese cabbage variety), shredded in a food processor
5-10 scallions or spring onions (similar to scallions, only stronger and hotter in flavor), finely chopped
2-3 cloves garlic, crushed
1 tsp crushed, fresh ginger or powdered ginger
2 jalapeños, minced fine
2 Tbsp crushed fresh red chili pepper
Half an onion (optional)
1 Packet Body Ecology Culture Starter or Body Ecology Signature Microbial Enriched Brine
½ tsp Celtic Fine Grind Sea Salt

Cultured Caraway Beet & Dill

Ingredients:
5 lbs. red beets, shredded in food processor
3 bunches of dill
Juice of 4-5 lemons
1-2 cloves garlic
Caraway seeds to taste
About ¼ cup raw apple cider vinegar
About 12 cabbage leaves
Pure water
1 green apple
Few stalks of celery
Body Ecology Signature Microbial Enriched Brine

Cultured Celery Seed, Oregano, Basil Delight

Ingredients:
1 head green cabbage, shredded in a food processor
2 to 3 carrots, shredded in a food processor
1 bunch kale, chopped very finely by hand
1 Tbsp celery seeds
5 or 6 collard leaves chopped very finely by hand
1 Tbsp dried oregano
½ head cauliflower, broken in tiny florets, or chopped very, very small
½ Tbsp dried basil
Body Ecology Signature Microbial Enriched Brine
Cultured Ranch Dressing Recipe

Cultured ranch dressing contain microbe-rich cultured young coconut meat. That means that you are getting an abundance of healthy probiotics in each bite. When you culture foods with beneficial bacteria, you increase the nutritional value of that food exponentially! Plus, these cultured foods help build your digestive health.

On the go? Did you know that you can make your own coconut kefir and coconut kefir cheese with Body Ecology’s delicious fermented beverages? Just use ¼ cup of Body Ecology CocoBiotic to start your next quart of kefir or cheese.

**Ingredients:**
- 2 cups cultured young coconut meat, (coconut kefir cheese)
- Juice of 1 lemon
- 1 handful fresh dill
- 1 handful fresh basil
- 1 clove garlic
- Pinch fresh ground black pepper
- Celtic Sea Salt to taste
- Fresh water

**Directions:**
1. In your blender, blend lemon juice, garlic and herbs with enough water to get them whirring in the blender.
2. Add cultured coconut meat and blend until creamy.
3. Add enough water to the dressing to achieve your desired consistency.
   
   Serve atop salads, as a dip for vegetables, or even as a marinade for fish.

Cultured Real Sour Cream

**Ingredients:**
- 1 pint of raw, grass-fed cream
- 1 packet Body Ecology Kefir Starter

To use, briefly whisk the cream until it thickens. You can also thicken the cream by simply shaking it in the jar.

**Directions:**
1. Pour the cream into a quart-size jar and whisk in a packet of the Body Ecology Kefir Starter.
2. Allow this mixture to sit somewhere warm for 1-2 days.
3. Smell and taste the cream, making sure that it is “sour.” This ensures that all the milk sugars have been consumed by the beneficial microflora. Depending on the temperature of your home, the time for this process will vary.
4. Place the fermented cream in the refrigerator. Use or allow it to ferment longer in the refrigerator, if you wish.
Cultured Quinoa Milk

**Ingredients:**
- 2 cups raw quinoa
- 1 quart filtered water
- Pinch Celtic Sea Salt
- ¼ cup young coconut kefir or 1 packet of kefir starter
- Vanilla, stevia, or organic mesquite powder (optional)

**Directions:**
1. Soak quinoa overnight at room temperature in quart-sized covered glass container with a pinch of sea salt. Don’t refrigerate.
2. Rinse and drain quinoa and put in blender. Add filtered water. Blend until very creamy. The quinoa milk will turn white.
3. Drain quinoa pulp by using a nut-milk bag (found at natural grocers) or a fine-mesh strainer. (The quinoa pulp can be fermented or cooked and used in other recipes such as soups, croquettes, loaves, baby food, pet food, etc.)
4. Pour strained quinoa milk into a sterile glass jar. Add ¼ cup young coconut kefir or 1 packet of kefir starter and seal jar.
5. Set out to ferment at 72 to 76°F for 18 to 24 hours, and refrigerate until ready to use.

Drink as-is or add sweetener or flavors listed above. Add this “milk” to smoothies for a flavor and texture almost like yogurt. You can also add it to raw soups.

Cultured Raspberry Ginger Popsicle

**Skill Level:** Easy. **Yield:** About 12 servings (yield depends on the size of your popsicle molds); **Time:** 5 minutes (active), 12 hours (freezing)

**Ingredients:**
- 2 cups coconut milk
- 6 cups fresh or frozen raspberries
- 1 Tbsp grated ginger
- 1 package Body Ecology Kefir Starter
- ½ tsp Body Ecology Stevia Liquid Concentrate

**Directions:**
1. Warm coconut milk to about 90°F. Place raspberries, ginger, coconut milk, and Kefir Starter into a blender. Blend until smooth. Put in a jar with a lid, close the lid, and allow to ferment at room temperature for 8-12 hours.
2. Transfer the raspberry-ginger kefir to a pitcher. Whisk in Stevia Liquid Concentrate, then pour into popsicle molds, and freeze for at least 24 hours.
Cultured Coconut Kiwi Pudding

Skill Level: Easy. Yield: About 1 quart. Time: 5 minutes (active), 8 to 12 hours to culture

Ingredients:
2 cups coconut milk
4 kiwis, finely chopped
1 package Body Ecology Kefir Starter
1 scoop Body Ecology Vitality SuperGreen™
10 drops Body Ecology Stevia Liquid Concentrate
1 tsp vanilla

Directions:
1. Warm coconut milk to about 90°F. Stir in Kefir Starter and kiwis. Put in a jar with a lid, close the lid, and allow to ferment at room temperature for 8 to 12 hours.
2. Pour cultured coconut and kiwis into a blender with Vitality SuperGreen™, Stevia Liquid Concentrate, and vanilla. Blend until smooth.

Donna’s Cultured Beets with Alternate Brine

Ingredients:
6 medium beets, trimmed, peeled, and sliced in ⅛-inch rounds
1-inch knob ginger, peeled and cut into matchsticks
Peel of 1 medium orange

Easy Brine Ingredients:
In blender: add water so it is ⅔ full and add in 1 Tbsp. raw honey, 1 package Body Ecology Culture Starter and 4-5 droppers of Body Ecology Ancient Earth Minerals Liquid
Spices: ground cinnamon (or cinnamon sticks), mustard seeds, allspice, cloves, black peppercorns, etc.

Directions:
1. Toss beets, ginger, orange zest, and spices together in a mixing bowl.
2. Layer this mixture into one-quart mason jars. If using cinnamon sticks, put pieces into jars; then fill with brine. Everything must be below the water, and if necessary, weigh down with cabbage, kale, or collard leaves.
3. Culture for 7-10 days. Refrigerate, and enjoy daily.