



#PROBIOTICDRINK

RECIPE

BEETROOT-CARROT KANJI

Ingredients:

3 litres water
3 carrots- sliced
2 beetroots- sliced
3 tbsp - crushed black
mustard seeds
pink salt
black salt
red chilli powder
(To taste)

Method:

Put everything in a glass jar, cover with a Muslin cloth and leave the jar in a sunny spot outside to ferment for about 3 days. Stir the contents of the jar once a day. Once fermented, pour and serve! Store the rest in the fridge. The sliced vegetables are also pickled in this process and can be used in sandwiches and wraps