

[Functional] Fermented Nutrition

FROM KIRSTY WIRTH, KULTURED WELLNESS

RECIPES TO MAXIMISE YOUR DAILY NUTRITION,
NOURISH YOUR GUT MICROBIOME & LIVE VIBRANTLY.

IMAGES BY ANNA LISA VEGTER



- ▶ Simple & easy recipes
- ▶ Recipes your kids will love
- ▶ Gluten free & vegan recipes included



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Testimonies

“ KALE BROCK

I LOVE my Kultured Wellness probiotic starter. Seriously, the coconut kefir that I've been making

is so active, so alive & bursting with probiotic goodness that I can barely keep up with the demand in my household! It's so strong & continues to deliver all its nutritive power to each & every batch! Love it :)

• • • • •

“ STEPH LOWE

I first came across Kultured Wellness at The Wellness Summit in 2015 and fell in love with the concept straight away. Gut health is the foundation of health and wellness and Kirsty has made it simple, affordable and accessible to everyone. Kirsty's personal story, knowledge, passion for gut health is nothing short of

inspiring and I recommend Kultured Wellness starter cultures to all of my clients. We all love how the cultures can be transformed into probiotic foods and beverages so efficiently, without the use of fancy equipment or expensive ingredients. If you want to experience optimal health, enhanced digestion, increased exercise recovery and clearer skin (plus so much more), then purchase your Kultured Wellness starters today.

The Natural Nutritionist (TNN) - Steph Lowe
BSpExSc GDipHumNutr NSA.

Steph Lowe is a Sports Nutritionist, triathlete and cashew butter addict from Melbourne, Victoria.

Her education extends over a decade in the wellness industry, with an undergraduate degree in Sport and Exercise Science, a Graduate Diploma in Human Nutrition and soon-to-be-completed Masters of Human Nutrition. Steph specialises in real food based sports nutrition, high performance fat loss, and teaching you how easy gluten free living and performance can be. She has extensive experience working with teams,

elite athletes, corporations, schools and the general public in the area of optimal nutrition.

Outside of food, you will find Steph swimming, riding or running as she competes as an age-group long-course triathlete. She raced Challenge Melbourne in February 2015 and is now taking a break for a structured reset and strength phase. She'll be back out there in short course later this year, before returning to racing half Ironman distance in late 2016.

For more information and delicious gluten free and sugar free recipes please visit www.thenaturalnutritionist.com.au.



“ CYNDI O’MEARA

The day I met Kirsty Wirth of Kultured Wellness, I had been looking for a good yoghurt culture for the past 3 years to be part of the Changing Habits food line. I knew about carriers, excipients in many of the products as well as cultures being not completely GMO free. I had traveled the world to find this culture from Europe to the US and every time I was disappointed about either ownership or the product itself.

I b-lined to Kirsty’s stand to question her about her product and was for the first time totally blown away by the knowledge she had of her cultures.

Kirsty gave me the cultures to try and I’ve been a convert ever since. Her biodiversity of the probiotics she uses, as well as the ease of the product use is beyond anything else I’ve seen. I’ve become a fermenting

foodie, fermenting cold pressed juices, every food I can think of and of course her famous kefir coconut water and coconut cream yoghurt are easy to prepare and delicious.

Probiotics should not be found in a pill, they should be part of the diet, part of the food we eat. Kultured Wellness cultures allow us to do this simply and taste amazing at the same time. I can’t get enough of my fermented cold pressed juices, they are one of my favorites. I’m so happy that Kirsty has done the research, found how to make these cultures and is now distributing them world wide.

I have referred many of my clients to Kirsty’s cultures and have seen first hand the amazing effects these have on changing the gut flora and improving health.

*Cyndi O’Meara
Nutritionist, Author and Founder of
Changing Habits.*





You know you need it, you have read and heard all about it, but now you are wondering, “Where do I start?”. Yes, fermented foods may seem like an overwhelming concept, but that’s where Kultured Wellness culture starters come in. Using our starters, you can quickly and easily get fermenting and start reaping the benefits of cultured foods and beverages with a therapeutic potency. In addition, our culture starters have been specifically formulated with probiotics used to target gut healing. Food prepared this way nourishes your body and gut microbiome, which in turn, leaves you feeling energetic and vital.

You and only you have the power to change the course of your life – and your family’s lives – with how you nourish your body. The food we eat is used as energy, that fuels the growth and repair of every single cell in our bodies ... so we literally become what we eat. With the right food, the results, healing and changes that a body can undergo is quite incredible.

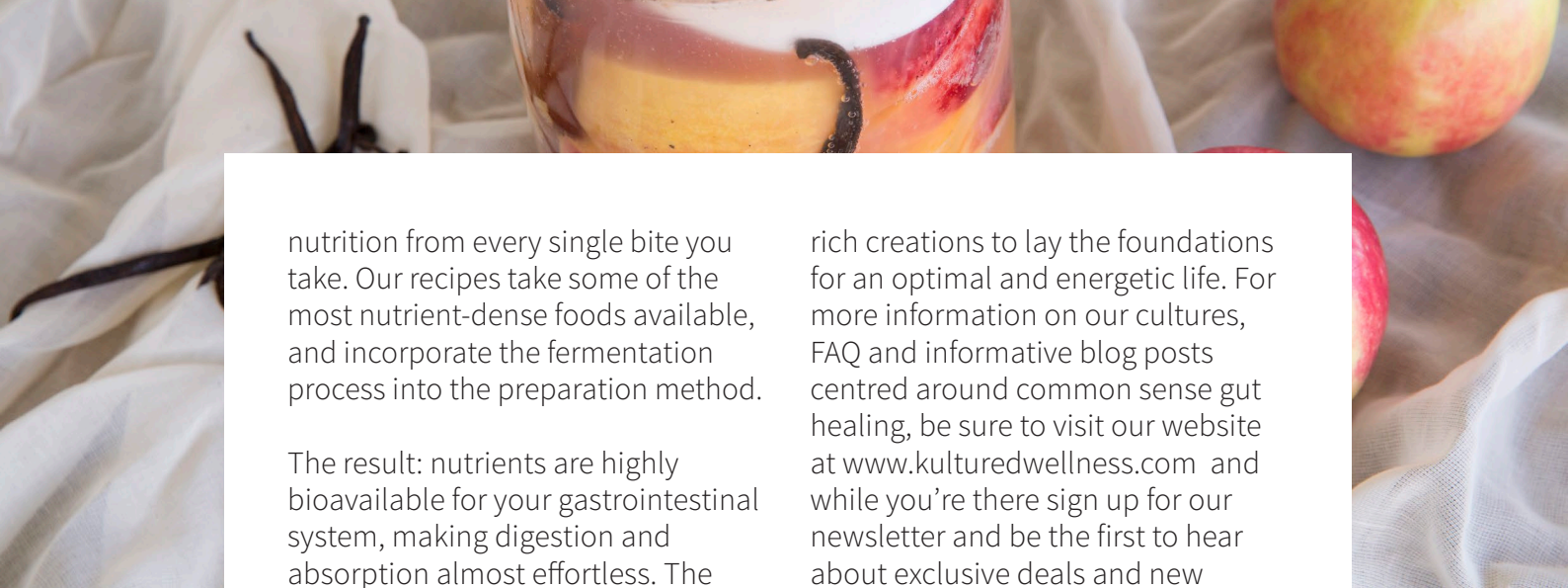
So you’ve heard Hippocrates’ famous words “all disease begins in the gut”, but are unsure how you can heal that gut to resolve your ill health. The first step is to incorporate

beneficial cultures into your lives, along with healing foods such as broths and homemade jellies. At Kultured Wellness, we supply you with two starters that can be used in a multitude of simple, delicious (and kid-friendly) recipes, taking the guess work out of your gut-healing journey. These products are now nourishing hundreds of people, and literally changing their lives, as they regain control of their health. This is something that I’m extremely proud of.

My mission is to reach more people and families in our community, and be able to spread the word about how fermenting can be an easy and powerful way to heal and nourish the gut – the founding key to ultimate health. This is not a fad diet or a quick fix, it’s a commitment to the adventure of healing, and a true desire for a better life.

The path to good health is not always easy, but you can come out the other side. Feeling well. And when we feel well, the benefits and opportunities are limitless.

Functional Fermented Nutrition is a book that demonstrates how to prepare food in such a way that your body is able to extract maximum



nutrition from every single bite you take. Our recipes take some of the most nutrient-dense foods available, and incorporate the fermentation process into the preparation method.

The result: nutrients are highly bioavailable for your gastrointestinal system, making digestion and absorption almost effortless. The fermentation process also adds probiotics to your meals, so not only are you flooding your body with nutrition, you are also replenishing your gut's levels of beneficial intestinal microflora – the good bugs that keep you vital and thriving.

The aim of Functional Fermented Nutrition is to assist you in getting the most out of your Kultured Wellness starter cultures. The recipes will get you excited to be back in the kitchen, using functional, probiotic-

rich creations to lay the foundations for an optimal and energetic life. For more information on our cultures, FAQ and informative blog posts centred around common sense gut healing, be sure to visit our website at www.kulturedwellness.com and while you're there sign up for our newsletter and be the first to hear about exclusive deals and new recipes.



Our Facebook and Instagram pages are also outlets where we share recipes, articles and information about optimal

health and 'kultured' living – please give us a like or a 'follow' and share your Kultured Wellness creations

Be healed, live vibrantly and pave the way for a 'kultured' future.



YOU DON'T NEED TO USE ANY SPECIAL EQUIPMENT OR FERMENTING JARS.

There's no need to over-think fermenting or spend large amounts of money on containers or equipment. There is one important point that you need to be mindful of though: you do NOT want to use plastic or metal to prepare your ferments. Plastics are loaded with chemicals such as bisphenol-A (BPA) and phthalates. Bacteria will eat anything it can access and the last thing you want is these chemicals becoming part of your food! Using metal is also inadvisable as salts, which are naturally occurring in most

vegetables, can corrode metal.

Good options for fermenting equipment include:

- Glass jars (wide-mouthed Mason jars are ideal, so that you can get your whole hand in to press down the vegetables)
- Ceramic crocks
- Wooden barrels

I always make sure that for the above reasons that I ONLY use a wooden spoon when stirring and preparing my cultures. I also do not use any detergents or sponges when washing out my fermenting equipment, and only very hot water to swish around in the jar and then my hand to clean any other particles away.

It's important to start with good quality produce, and fresh organic produce is best. This is because organic food is already teeming with live enzymes, which help kick start the fermenting process. You can also be sure that certified organic food will not contain the chemicals used in conventional commercial farming methods, which means you will be fermenting only beneficial bacteria

and not unwanted chemicals! You can purchase expensive fermenting jars, which help weigh down foods down in your container under the fermenting liquid so that they do not become mouldy. However, I find that an organic cabbage leaf does this job well, and as a bonus the cabbage creates large amounts of lactobacilli during the fermenting process.

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IS TRADITIONAL FERMENTED FOOD ENOUGH FOR OUR MODERN GUT MICROBIOME?

From my research and experience, I don't believe that traditional fermented food has the power that we need to restore the robust gut microbiome of our ancestors. We now spend less time in nature and have very little exposure to dirt, which is where we acquire a lot of our beneficial and diverse bacteria. In today's society the use of antibiotics, medication, processed

foods and sugars effectively deplete the health of the gut microbiome in a way never experienced by previous generations. Traditional wild ferments, teeming with lactobacilli, were once enough to supplement and support a healthy inner ecosystem. However, for many people today who begin with lack of diversity in their gut, these foods alone will not cause a major shift in the health of the gut microbiome. This is where specially cultured foods can help ensure that you are getting a wide variety of beneficial bacteria to support your gut diversity.



Starting out your journey into the world of fermenting can often at times seem daunting. Once a tradition that was handed down from generation to generation we know very little today about the

power of fermented foods, how they behave and what to expect. Below are a number of questions that we frequently get asked when someone begins fermenting using Kultured Wellness culture starters.



WILL EVERY BATCH OF KEFIR OR YOGHURT BE THE SAME?

Our cultures are shipped as a living food, which means that the powerful bacteria in them are active and ready to go to work without the need for activating or any temperature control. In warmer weather,

fermenting will happen much more quickly and it is important to start tasting your ferments at 8 hours (for yoghurt) and 24 hours (for kefir). As you keep fermenting, you will learn how your cultures work in different temperatures, so have fun experimenting with your living foods!



HOW DO I KNOW WHEN MY KEFIR IS READY?

Kefir should be ready after about 48 hours of fermenting on the bench top in mild weather. It should be fizzy, have a tart taste and you should no longer be able to taste any sugar from the coconut water. If the full ferment is too strong for

you initially, you may wish to make a shorter ferment (i.e. only 24 hours) but keep in mind that your Kefir will contain more sugar. In warmer climates and hotter weather the kefir may be ready earlier than the recommended 48 hours. If you live in a warmer climate or if the weather has been hot check you kefir earlier to see if it is ready.



HOW DO I KNOW WHEN MY YOGHURT IS READY?

Yoghurt takes about 8-12 hours on the bench top to ferment. Once again it will have a tart taste and

you will no longer taste the sugar from the coconut cream. In warmer climates it may be ready sooner and in colder climates it may need a little longer. You can judge this by tasting the yoghurt.



WHERE SHOULD I STORE MY CULTURES?

Cultures should be put in the fridge once they arrive, where they can be stored for up to 3 months.



WHAT KIND OF COCONUT WATER DO I NEED TO USE FOR MY KEFIR?

You can use any coconut water, fresh or UHT but it must be 100%

coconut water. Please remember to check the ingredients not just the labeling on the front of the coconut water package. Some brands, while claiming to be 100% coconut water actually include preservatives and additives on the ingredients list.



WHAT BRAND OF COCONUT CREAM DO I NEED TO USE FOR MY YOGHURT?

We recommend using Ayam coconut cream with your yoghurt starters, as it produces the most consistent results. Many other brands contain fillers and preservatives which will effect the quality of your ferment.



WHAT SORT OF WATER SHOULD I USE FOR MY FERMENTED FRUIT AND VEGETABLES?


It is best to use filtered water, free of potential contaminants to optimise the quality of your ferments.



HOW SHOULD I INTRODUCE KULTURED WELLNESS FERMENTED FOODS INTO MY DIET AND WHAT SIDE EFFECTS COULD I EXPECT?

Due to the potency of our starter cultures, your kefir and yoghurt may produce more “die off” symptoms (such as as gas, fatigue and bloating) than traditional fermented foods when you begin. This is due to the good bacteria rebalancing your gut flora. For this reason it is important to start slow, and introduce Kultured Wellness ferments gradually into

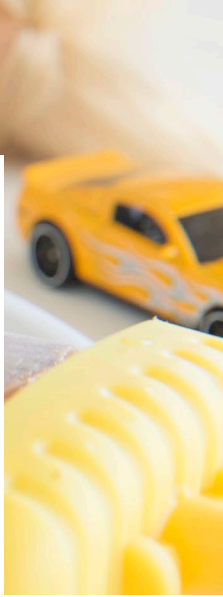
your diet. Begin with 1/4 cup per day preferably after your evening meal, and only increase the dose when these symptoms have subsided. You can work up to consuming as much fermented food as you feel comfortable with. Some people enjoy some in the morning and at night before bed time. You may like to have some before each meal. Each day, now that my body has become accustomed to fermented foods, I like to have a glass of kefir with each meal as a cleansing tonic, a cup of coconut yoghurt as a snack and then a small serve of fermented veg as a condiment with my main meals to aid in digestion.



HOW DO I MAKE MY YOGHURT SMOOTH AND CREAMY?

Although mixing your yoghurt starter and coconut cream together with a wooden spoon is absolutely fine, blending using a food processor, thermomix or stick mixer will produce the most consistent results. If using a thermomix, we recommend

using the reverse function for 10 seconds on speed 5. When using a stick blender or traditional food processor it's important to use the lowest speed and try not to blend for too long so that the coconut cream and water do not separate. Make sure that you don't let the mixture sit for too long in contact with metal implements as this can adversely affect the bacteria.



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I CAN'T EAT SO MUCH FERMENTED FOOD! CAN I MAKE A HALF BATCH?

For optimal results, we recommend doing a full plain ferment first using the whole starter culture, which will make approximately 2 litres of kefir or yoghurt. This new batch will store in the fridge for up to 3 months or in the freezer for 6 months.

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HOW DO I GET MY KIDS TO START EATING FERMENTED FOODS?

We recommend experimenting with some of your kids' favourite foods as a way to introduce ferments into their diet. You can try flavouring the yoghurt and kefir with their favourite fruits. Try fermenting fruit and vegetables in bite-sized pieces.

Ice blocks and jellies are also a great option and you can mix ingredients together such as avocado, coconut oil, berries in kefir or yoghurt and put them in ice block molds.

If the taste of the kefir is too tart for your kids initially, you can try using a shorter kefir ferment initially (24 hours instead of the full 48 hours), keeping in mind that there will be more sugar from the coconut water in the final product.





CAN KULTURED WELLNESS FERMENTS BE USED FOR COOKING?

Our ferments can be used as a base for cooking or to replace liquids in cooking. Examples of this are using

the yoghurt as a base for making dips or kefir to make jelly, or by adding coconut yoghurt to a curry. However, heating your ferments up to high temperatures will kill the beneficial bacteria in them, so make sure the food has cooled before adding the live cultures to preserve their therapeutic qualities.

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I'M GOING AWAY, CAN I TAKE MY FERMENTS WITH ME?

We love our fermented foods and try to take them with us whenever we go away! You can travel with your ferments by keeping them cool with an ice brick or similar. Outside of refrigeration, they will continue to

ferment and yoghurt will continue to expand so it is a good idea to leave extra space in the containers. If you are going to be away for an extended period of time you can take your starter culture and jars with you and when you arrive at your destination you can continue fermenting so that you have kefir and yoghurt while you are away.

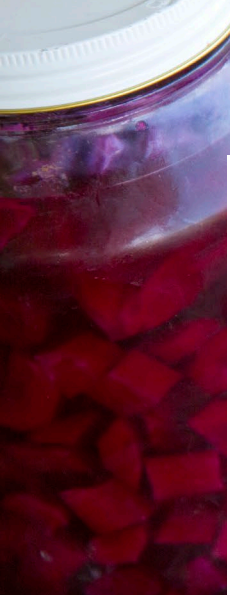
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MY YOGHURT HAS BEEN FERMENTING FOR WELL OVER THE RECOMMENDED TIME AND IT IS STILL RUNNY. WHAT IS HAPPENING?

It's important to taste your yoghurt, as even when properly fermented

it may not change in consistency until refrigerated. Please watch the yoghurt video and read all of the relevant FAQs for more detail about how to make your yoghurt. Although we have developed our starter cultures to be virtually fail-proof, occasionally a batch may not ferment as it is supposed to and if you still think your ferments haven't worked please contact us at info@kulturedwellness.com.



I HAVE A BACTERIAL IMBALANCE/PARASITES/IBS. WILL YOUR CULTURES HELP WITH THIS?

Our cultures are a high-strength probiotic that will certainly aid in the rebuilding of a healthy gut flora, which is crucial for anyone suffering from any of these conditions. For

more severe problems, probiotics are used in conjunction with a modified diet designed to eliminate pathogenic organisms from the body while nourishing the good gut flora. This process of completely rebalancing the gut microbiome is one that takes time and Kirsty works closely with individuals to support them through this process. For more information about consulting, please email info@kulturedwellness.com.



WHY DO I NEED A NEW STARTER CULTURE AFTER FIVE FERMENTS?

After 5 ferments the strength of the bacteria in your ferments will start to diminish, which is the nature of cultured foods. By restarting with a new culture after 5 ferments you are ensuring that your ferments maintain their therapeutic potency.



WHY HASN'T MY YOGHURT RISEN?

In warmer weather, your yoghurt may expand more so it is important to leave plenty of room in the jar so


that it doesn't explode! In milder temperatures, the yoghurt may not expand as much if at all, but you will know it is ready when it has a tart taste and you can no longer taste the sugar from the coconut cream.



WHY DID MY YOGHURT SPLIT?

As a living fermented food, your yoghurt may appear to "split" as the

good bacteria goes to work. Just give the yoghurt a stir with a wooden spoon before eating to make sure you consume all this potent probiotic liquid!



WHY IS MY YOGHURT GRITTY?

If your yoghurt batch has become gritty, it may be because the coconut cream has solidified under very cool

temperatures. Bringing it out of the fridge for a while or turning your fridge up may help. It's important if using appliances to mix your yoghurt, to only blend on low speeds as high-speed blending can also cause a modified texture.

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DO I NEED TO STERILISE ALL MY EQUIPMENT?

While maintaining a clean working environment is very important, it is not necessary to maintain a sterile environment for preparing ferments.

We use very hot water to wash out our jars, and don't use detergent as residue can interfere with the bacteria. You can also use a clean hand to wipe out the inside of the fermenting jars when washing rather than a dish cloth.

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WHY SHOULD I ONLY USE GLASS AND WOODEN UTENSILS?

Bacteria are very opportunistic and once the sugar in your ferment has been eaten they will keep eating

whatever they can! Therefore we recommend fermenting only in glass jars to ensure that the bacteria don't eat away at the plastic, which would then be in your ferment when you eat it. Metal can also adversely affect the bacteria and contact should be avoided where possible.

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HOW DO I FLAVOUR MY KEFIR OR YOGHURT?

You can add fruit such as mango, kiwi or berries to the beginning of the fermentation process (approximately

one handful per batch) to flavour your ferments remembering that the sugar will be eaten by the hungry bacteria, leaving only the good nutrients! Just pop some pieces in with your kefir, or blend it into your yoghurt mix before fermenting.

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WHAT DOES KEFIR TASTE LIKE?

Kefir has a tart, effervescent taste. The fermented coconut water is quite mild and can be easily flavoured with fruits such as berries, kiwi or spices such as cinnamon.

Kultured Wellness

Kefir



This kefir is a probiotic rich beverage, that doubles as a starter culture for fruits, vegetables, juices, dips, condiments and many other foods. You may use either fresh (from young Thai coconuts) or UHT coconut water, as long as the latter is 100% pure with no additives. Our kefir is one of the easiest ways to get probiotic nutrition into your daily life and is a refreshing pick-me-up at any time of the day or night.

INGREDIENTS

- 1 Kultured Wellness kefir starter
- Coconut water (about 1.7L)

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METHOD

Place both ingredients in a 2L glass jar, leaving some space between the liquid and the top of the jar, in case the liquid fizzes and expands during the ferment. Stir liquid with a wooden spoon and leave on the bench to ferment for 24-48 hours, tasting after 24 hours. The kefir should be tangy with no detectable coconut sweetness. In warmer weather it will ferment in 24 hours

and for cooler climates 48 hours is needed for all the sugar to be eaten up by the beneficial bacteria.

Once the kefir is ready, use 1 cup to start your next batch of kefir and transfer the rest to the fridge. You can make 10L of coconut water from your initial starter (saving 1 cup per 2L batch), before replenishing your starter supply from Kultured Wellness.





Classic
Kultured Wellness

Yoghurt

This is the basic coconut yoghurt recipe. You may add any fruits or spices that you like before fermenting for a flavoured yoghurt or just leave it plain (plain yoghurt is a lovely addition to savoury meals; dolloped on a piece of salmon, used as a salad dressing or used in a dip recipe). Please try to seek out the Ayam coconut cream (a green can), of all the coconut creams we have tried our cultures with, Ayam is the best carrier by far and will yield optimal results; thick, creamy, tangy yoghurt.

INGREDIENTS

- 1600mL of Ayam coconut cream (4 x 400mL cans)
- 1 Kultured Wellness yoghurt starter

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METHOD

Place the ingredients into a food processor or blender and blend on the lowest speed until smooth and combined. To blend in thermomix, mix for 10 seconds on REV, speed 5. Alternatively, you may just stir ingredients together in a large ceramic or glass bowl with a wooden spoon. Avoid metal or plasticware for this recipe, the cultures corrode the metal, whilst toxins from the plastic may leach into your food. Transfer to a large glass container, leaving ample amount of room at the top of the jar, as the yoghurt may expand during the ferment.

Secure the lid and leave the mixture to ferment for 8-12 hours. Taste after 8 hours. The yoghurt should be tangy and rid any detectable sweetness, if it is ready, transfer to the fridge, where it will thicken up further. If it's still sweet, leave for the rest of the fermenting time before transferring to the fridge. Keep one cup from this batch to start the next batch. You may repeat this method 5 times before you will need to replenish your starter supply from Kultured Wellness.



Kultured Wellness

Smoothie Bowl



This decadent concoction of creamy macadamias, tangy yoghurt, sweet berries and indulgent cacao, is the perfect way to start the day. Bursting full of beneficial fats, probiotics, antioxidants and dietary fibre, this bowl will keep you satisfied until lunchtime, giving you the freedom to stay fully engaged in your work (or play) all morning long.

INGREDIENTS

- 1 cup of your homemade coconut yoghurt, made from your Kultured Wellness starter
- 2 tablespoons macadamia nut butter
- ½ cup frozen blueberries, or other berry of choice
- 1 teaspoon maca powder
- 1 teaspoon raw cacao powder

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METHOD

Blend all the ingredients together until smooth and pour into a bowl to serve. Top with your favourite nuts and/or seeds (preferably activated*) and any homemade fermented fruits such as berries, mango, kiwi, peaches etc.

**Activating nuts and seeds removes a substance known as phytic acid.*

These phytates can interfere with the absorption of several nutrients, leaving your body depleted and your gastrointestinal system burdened. To activate, simply soak your nuts or seeds in filtered water for 8-12 hours before rinsing well. You can use them straight away or crisp up in a low oven (or dehydrator if you own one) to remove excess moisture and maintain their shelf life.



My Favourite Morning
(well any time of the day)

Green Smoothie



INGREDIENTS

- A handful of fancy lettuce
- 1 cucumber
- 1 zucchini
- 1 onion
- 3 celery stalks
- 1 teaspoon of dulse flakes
- 1 tablespoon of chia seeds
- 1 lemon
- A knob of ginger and turmeric
- 1 teaspoon of spirulina
- Large bunch of mint

METHOD

Blend all together. This is a large batch so halve the smoothie and then add 1 cup of coconut water kefir and ½ cup of your homemade

coconut yoghurt, made from your Kultured Wellness starter, before you drink. I don't add the fermented foods until just before drinking otherwise it will ferment your smoothie!!



Blissful Berry

Ice Blocks



These ice-blocks couldn't be more simple to make and are a terrific alternative to ice-cream on those hot summer days where only something sweet and creamy will do. The berries offer an array of antioxidants, whilst the yoghurt provides a therapeutic dose of probiotics that repopulate the gut with beneficial flora.

INGREDIENTS

- 1 cup frozen mixed berries (or your choice of single berry; blueberry, raspberry, strawberry etc.) Organic if possible, as berries are often heavily sprayed with pesticides
- 1 cup your of your homemade coconut yoghurt, made from your Kultured Wellness starter
- ½ teaspoon 100% pure vanilla bean powder
- ½ teaspoon cinnamon (organic if you can, to ensure maximum nutrient density and to avoid potential chemicals)

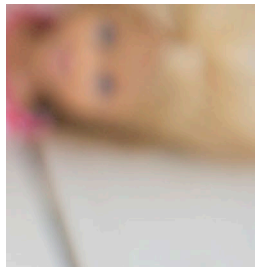
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METHOD

Combine all ingredients together in a blender, or alternatively just mix by hand (depending on whether you want the berries pureed or left whole and chunky).

Pour into silicon ice block moulds and freeze for at least 6 hours or overnight.

Serve straight from the freezer for a sweet, creamy, probiotic-rich treat.



Fantastic

Fermented Fruits



Fresh seasonal fruits are jam-packed full of vital nutrients and raw enzymes that our bodies absolutely thrive off. Unfortunately, fruit is also high in fermentable sugars, that our digestive systems often have a hard time breaking down. Many people in the modern world have compromised digestive health due to environmental, lifestyle and genetic reasons, and it is becoming more and more common for individuals to suffer from fructose malabsorption – the inability to metabolise fruit sugars. This leaves sugars fermenting inside the gut, creating a food source for opportunistic flora. If opportunistic flora gets out of hand, a range of physical and psychological symptoms can occur; anxiety, depression, bloating, lethargy, gas, stomach cramps and the list goes on.

By fermenting fruits, you are removing these potentially problematic sugars making the fermented fruit FODMAP friendly, whilst preserving the vitamins, minerals and raw enzymes that make them so health-giving. It will only take a maximum of 2 days for your fruit to ferment. The high sugar content feeds the beneficial bacteria in the starter culture very quickly. It is important that after the 2 days, or when you taste the fruit and it is completely tart, that you transfer it to the fridge and consume over the next few days to a week (2 weeks at the most).

It is vital that you make an effort to consume your fermented fruits sooner rather than later. This is due to it's high sugar content and therefore it's tendency to produce alcohol if left to ferment for too long. Don't let this put you off though, fermented fruit is a delicious and nutritious snack or addition to a smoothie or raw dessert. It's just important to be aware of the chemistry involved to avoid burdening your liver with unwanted alcohol. You will love love your fermented fruit so much that it won't last longer than a week anyway.



Apples



Apricots

using a weight



Kiwi & Mango



Apples & Peaches

You can choose your favourite seasonal fruits; apples, berries, mango, peaches, kiwi fruit etc. for this recipe. It couldn't be easier and provides you with nutrient-rich, low sugar alternative to regular fresh fruit.

INGREDIENTS

- Fresh fruit of fruit your choice
- ¼ cup Kultured Wellness coconut kefir
- Cinnamon sticks, clove pods, natural vanilla bean powder etc. to taste
- Filtered water to cover fruit

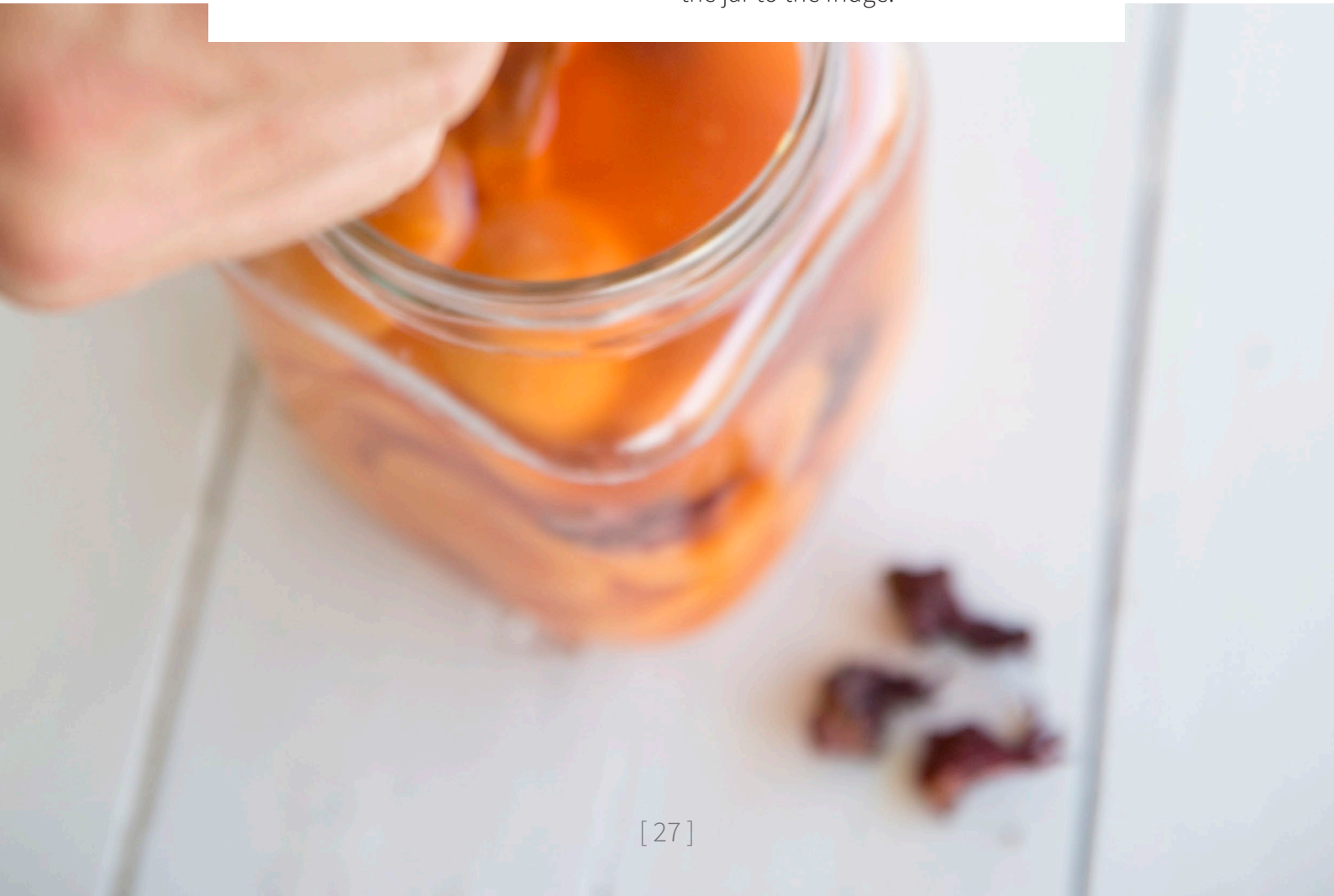
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METHOD

Place fruit, kefir and spices (if using) in a 2L fermenting jar. Add filtered water until all the fruit is covered. Cover with a cabbage leaf to keep the fruit under the brine line. Seal the jar and leave on the kitchen counter for 2 days to ferment* before

transferring to the fridge for use within the next week.

*Be aware that in warmer climates the fruit may be ready earlier – just have a nibble and see whether all the sugar has been eaten up. If it has, slow the ferment by transferring the jar to the fridge.





Cultured
Veggies

Using our our kefir culture starter to ferment your vegetables will take their nutrition to a whole other level. It makes them far easier to digest (raw veggies can be very taxing for the digestive system – especially if that system is already compromised) and can reduce the sugar content, which is ideal for sweeter varieties such as carrots and beets. The method of vegetable fermentation is very similar to that of fermenting fruit, only the process takes slightly longer as veggie are much lower in fermentable sugars than fruits. The fermented vegetable will also last much longer in the fridge for example 3 to 4 months.





Cultured
Carrots
TWO WAYS

These carrot sticks are delicious, either slightly sweet from the cinnamon and cloves or spicy and tangy from the turmeric and ginger. They are a lovely snack on their own or paired with some homemade guacamole, mayo or even some of your coconut yoghurt, as a dip.

CINNAMON AND CLOVE CULTURED CARROTS

INGREDIENTS

- 1kg carrots, peeled and chopped into sticks
- Filtered water, to cover
- 4 cinnamon sticks
- 1 teaspoon whole cloves
- ½ cup Kultured Wellness coconut kefir
- Cabbage leaves

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METHOD

Place the carrots, kefir, cinnamon and cloves in a 2L fermenting jar and cover with water until the carrots are completely submerged in liquid. Use the cabbage leaves to hold down the carrots under the brine line so

the carrots don't go mouldy. Make sure you leave some space between the vegetables and the top of the jar. Seal and leave to ferment for 3 days, before transferring to the fridge to have on hand as an easy snack or tasty addition to any meal.

GINGER AND TURMERIC CULTURED CARROTS

INGREDIENTS

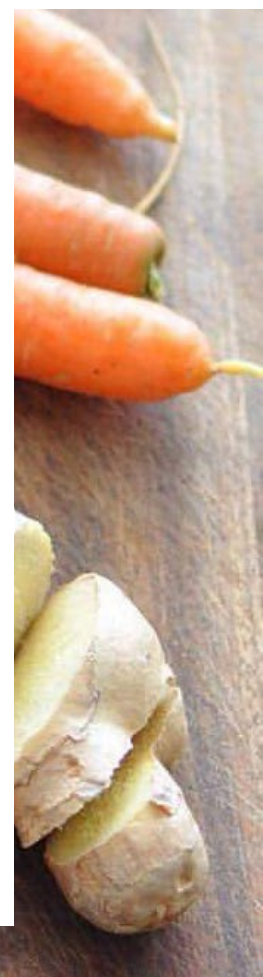
- 1kg carrots, peeled and chopped into sticks
- Filtered water, to cover
- Cabbage leaves
- 3 tablespoons each of freshly grated ginger and turmeric
- ½ cup Kultured Wellness coconut kefir

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METHOD

Place the carrots, kefir, ginger and turmeric into a 2L fermenting jar and cover with water until the carrots are completely submerged in liquid. Use the cabbage leaves to hold down

the carrots under the brine line so the carrots don't go mouldy. Make sure you leave some space between the vegetables and the top of the jar. Seal and leave to ferment for 3 days, before transferring to the fridge.



Powerhouse

Fermented Garlic



Garlic is a powerful anti-fungal, anti-bacterial and anti-parasitic agent. It is the ideal food for enhanced immunity and improved detoxification. Our body's number one detoxification antioxidant glutathione uses garlic as its pre-cursor, so garlic is the ultimate addition to any healing regime. Some people find garlic difficult to digest and are weighed down by the intense detox it induces. By fermenting the garlic cloves, you are taking some of the digestion work away from your body and making the garlic's therapeutic properties more bioavailable to your body.

INGREDIENTS

- ¼ cup Kultured Wellness coconut kefir
- 6-8 heads of garlic
- 1 teaspoon dried oregano
- Cabbage leaves

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METHOD

Preheat the oven to 90 degrees and pop garlic heads skin and all on a baking tray. Bake for 1 hour. This will help the cloves pop out of their skins more easily, saving you lots of time in the peeling department.

Cool the cloves down and peel back the skin. Place the cloves into a 1L preserving jar, along with the ¼ cup kefir, the oregano and enough

filtered water to fill the jar ¾ to the top. Use the cabbage leaves to hold down the garlic cloves under the brine line so the garlic doesn't go mouldy.

Seal the jar and leave on the kitchen countertop for three days to ferment. You now have fermented garlic that you can eat whole or add to dishes such as salads and guacamole.



Carrot, Orange & Ginger

Kvass



This is a great drink to consume first thing in the morning, to wake up your liver and kick-start your metabolism for the day. It is a potent source of vitamin C and is a wonderful immunity drink to make and enjoy year-round. As this is a kvass, it is intended that you only consume the liquid. You can make a second batch using the same ingredients that are left in the jar. Just add more kefir starter and refill again with water.

INGREDIENTS

- 1 kg carrots, cut into coins
- 8-10 slices orange rind
- 1 tablespoon fresh ginger, grated
- ½ cup Kultured Wellness coconut kefir
- Filtered water, to cover

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METHOD

Place the carrots, orange rind (peeled from the orange using a vegetable peeler), ginger and kefir in a 2L fermenting jar and top up with water. Cover with a cheesecloth and leave to ferment for 3 days.

When the fermentation time is up, stir with a wooden spoon and strain the liquid into another glass jar or bottle and store in the fridge. You can then add another ½ cup kefir and more filtered water and ferment the initial ingredients a second time to yield another 2 litres of Kvass before starting again from scratch.



Salmon Meal

in a Jar



This is a yummy and quick meal to make ahead of time for a school/work lunch or for a picnic. It is full of beneficial fish oils, vitamin C and probiotic goodness. Your body will love you for making this one!

INGREDIENTS

- 1 salmon fillet
- 1 whole bunch of asparagus
- 1/4 cup kefir
- 1/2 lemon
- 1 tablespoon fresh or dried dill

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METHOD

Place all the ingredients in a fermenting jar and combine gently. Use a cabbage leaf to hold the ingredients under the brine line.

Seal and leave on the countertop for 24 hours and then place in the fridge. This makes a quick and easy meal ready to go for when you need something nutritious to eat on the go.



ACV
(Apple Cider Vinegar)

Jelly



This soothing Apple Cider Vinegar jelly is a wonderful 'treat' that is loaded with gut-healing gelatine and has a tart, yet satisfying apple flavour.

INGREDIENTS

- 3 cups filtered water
- 2 tablespoons ACV
- 3 tablespoons gelatine

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METHOD

In a saucepan on the stovetop, gently warm 1 cup of water, stirring the gelatine in until it dissolves.

In a large glass tray, add the other two cups of water and stir in the apple cider vinegar.

Add the warm gelatine mixture to the cool apple cider vinegar water in the glass jar and stir to combine.

Transfer glass tray to the fridge and allow to set. Use as you would any other 'dessert' jelly or alternatively serve as a condiment for meats, as you would a cranberry jelly or apple sauce.



A photograph of a cup of tea and a slice of cultured cheesecake. The cup is white with a gold rim and a floral pattern, filled with a golden liquid. The saucer is also white with a gold rim and floral pattern. The cheesecake is on a white plate with a gold rim and floral pattern. A slice of the cheesecake is on a fork. The background is a light-colored, textured surface.

Kultured
Cheesecake

This cake is bursting full of nutrient dense probiotics, fibre and beneficial fats. It also tastes downright delectable, a rare treat for those on gut healing diets that often have to forego all things chocolate, cake and desserts.

FOR THE BASE...

INGREDIENTS

- 1/2 cup coconut flour
- 1/4 cup flaxseed meal
- 1/2 cup melted coconut oil* or butter**, you may use a combination of the two if you'd like
- Himalayan salt and pure stevia, to taste
- 1 egg, beaten (preferably local, organic and/or free range)

METHOD

Combine all ingredients in a bowl and press into a springform tin.

Place a sheet of baking paper on top of base and weight down with grains of rice (this added weight will keep the base flat during the baking process).

Bake in a moderate (180 degrees C) oven until golden and crisp.

Remove from the oven and allow to cool before adding the topping, you don't want the heat destroying the beneficial cultures in your yoghurt.

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FOR THE FILLING...

INGREDIENTS

- 2 cups of your homemade coconut yoghurt, made from your Kultured Wellness starter
- 1/2 teaspoon vanilla bean powder
- 1 tablespoon gelatine***
- 3 tablespoons boiling water

METHOD

Combine the water and gelatine and stir until completely dissolved. Set aside to cool, once again, you don't want to damage the yoghurt cultures with heat.

When the mixture has cooled, add the yoghurt and vanilla bean powder and stir to combine. Pour on top of the cooled base and transfer to the fridge to set.

FOR THE TOPPING...

INGREDIENTS

- 1 ripe avocado (must be really ripe or avocado will be lumpy)
- 3-5 tablespoons of your homemade coconut
- yoghurt, made from your Kultured Wellness starter
- Pure stevia, to taste (suggested 1/2 tablespoon)
- 1 tablespoon raw cacao

METHOD

Combine the topping ingredients together and pour over set filling.

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OPTIONAL

Serve with a sprinkle of shredded coconut for decoration and additional nutrition.

**Look for organic virgin coconut oil - this is unrefined, pure coconut oil and is very beneficial for feeding your gut microflora. Melt gently on the stovetop as microwaving the oil will*

alter the chemical composition and may produce harmful toxins.

***Butter must be made from pure cream with no fillers. Margarine is not an adequate substitute and is laden with toxins and chemicals.*

****Great Lakes is a high quality, grass fed brand.*



A glass jar filled with golden-brown bone broth, topped with a white lid, set against a background of white fabric. The text "Bone Broth" is overlaid in a black, cursive font.

Bone Broth

Perhaps the most nourishing food known to man, broth is a powerhouse of gut-healing substances. Made by simmering bones of a healthy animal in water for many hours, essential minerals are retained in this liquid gold, as well as gelatine and collagen, proteins that go to work repairing a leaky gut. This recipe can be consumed as a nourishing drink or used as a base to a recipe; creamy soups, rich stews and casseroles, homemade gravies and delicious sauces.

INGREDIENTS

- 1kg high quality bones (organic and/or grass-fed if possible)
- 1 onion, chopped
- 2 carrots, roughly chopped
- 2 stalks of celery, roughly chopped
- 2 tablespoons of apple cider vinegar (Melrose brand if available)
- 1 tablespoon quality (sea or Himalayan) salt
- 2 cloves garlic, added to slow cooker in last half hour of cooking
- Optional; herbs such as parsley, rosemary, thyme, chives etc. for added flavour

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METHOD

Place the bones in a slow cooker and cover with filtered water. Add apple cider vinegar and let it sit in the water for 30 minutes. Add the remaining ingredients and turn the slow cooker on low and cook for;

Beef*/Lamb bones: 24-48 hours

Chicken: 12-24 hours

Fish: 8 hours

When simmer is finished, cool broth and strain to remove bones. It can be frozen or will last in the fridge

for up to 5 days. Once the broth has cooled, there will be a layer of fat on top which helps preserve the broth and can be used for cooking with too.

**If using beef marrow bones, salvage the bone marrow from the cavity of the long bone and also the surrounding gelatinous connective tissue. These are delicious, healing foods that can be eaten plain as is, with a sprinkle of salt, or blended together to form a rich and deeply nourishing pate.*

Rocket

Fuel



This beverage, really lives up to its name! So many powerhouse ingredients in one recipe and so many benefits. The beauty of fermenting nourishing foods such as carrots, apples and beets, is that it maintains their nutrient-dense profiles, while removing the natural sugars that can perpetuate unpleasant digestive symptoms; bloating, gas, fatigue – often signs of a candida overgrowth and/or a leaky gut.

INGREDIENTS

Juice the following fruits and veggies

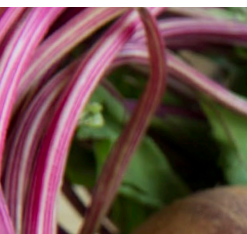
- 6 apples
- 6 beetroots
- 3-6 carrots
- 1 bunch radish
- 1 onion
- 1 cucumber
- Herbs, such as basil, parsley and mint
- Spices such as turmeric and ginger

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METHOD

Place the juice in a 2L fermenting jar with 1 cup coconut kefir. Secure the lid and leave to ferment on the bench top for 12-24 hours. Transfer to the fridge, reserving 1 cup to start

your next batch. Alternatively you can use another cup of coconut kefir. You can repeat this process 5-7 times before starting again from scratch, with a fresh Kultured Wellness coconut kefir starter.



Fruity

Yoghurt



This is the classic Kultured Wellness yoghurt, made with a handful of your favourite fruit and some cinnamon and vanilla. The fermentation process eats up the sugar in the fruit, whilst retaining the vitamins and enzymes that make the fruit so nutritious. The coconut cream itself is a fantastic, sustainable source of fuel for the body, whilst also being ant-bacterial, anti fungal and anti-parasitic to boot.

INGREDIENTS

- 4 x 400mL cans Ayam coconut cream (the smaller 270mL cans are also fine to use but you will need to use 6 cans)
- 1 Kultured Wellness yoghurt starter
- A handful of your favourite fruit (berries, mango, kiwi, peach etc.)
- A pinch each of pure vanilla bean powder and cinnamon

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METHOD

In a large ceramic or glass bowl, add all your ingredients and stir gently with a wooden spoon until combined. You could also use the lowest setting of your blender or food processor, either adding the fruit in the puree, or stirring in after the cream and starter have been blended. Transfer the mixture to a large glass jar, leaving enough room between the mixture and the lid in case the yoghurt expands during the ferment (which is perfectly normal and just shows how alive and active the bacteria is).

Secure the lid and leave on the bench to ferment for 8-12 hours, tasting after 8 hours to see if the sweetness of the coconut cream and the fruit has disappeared. The yoghurt will ferment faster in warmer weather and slower in cool conditions. When the yoghurt is ready, transfer to the fridge and enjoy as a yummy snack, in smoothies, an easy dessert or with some activated nuts and seeds for a nutritious breakfast.

Berry Jellies



These little treats are full of gut-healing gelatine and the amino acids glycine and proline, both of which assist the liver in detoxification. Glycine is also very calming and can have a therapeutic effect on insomnia, making these the perfect dessert to enjoy a few hours before bed.

INGREDIENTS

- ¾ cup berry puree, made from 2 cups of organic berries (do make an effort to purchase organic berries, as conventional are almost always sprayed heavily with pesticides, you can buy frozen and thaw them, as this is the cheaper way to buy organic berries)
- ½ cup coconut kefir
- ¾ cup filtered water
- 3 tablespoons grass fed gelatine (Great Lakes is a reliable brand)

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METHOD

Puree the berries using a stick blender or food processor, using sieve to remove any seeds if you're using strawberries and/or raspberries

In a saucepan, combine the filtered water and the gelatine. Heat gently, stirring until the gelatine has dissolved. Remove from the

heat and allow to cool. Combine the berry puree, kefir and cooled gelatine mixture and pour into a square glass dish. Refrigerate until the jelly has set and then remove the container from the fridge and cut the slab into small squares. This makes a fast snack during the day or a special dessert, accompanied by some plain or fruity coconut yoghurt.



Fermented
Chia
Pudding



This individual serve breakfast pudding is seriously delicious and unbelievably nutritious. The chia seeds are high in omega 3 fats, essential minerals such as calcium, magnesium, manganese, potassium and zinc, B vitamins, fibre and antioxidants. The coconut kefir is a source of caprylic and lauric acids, substances that feed beneficial gut microbes. Maca is a wonderful food for balancing hormones and is very beneficial for reproductive health.

INGREDIENTS

- 2 tablespoons of chia seeds
- 1/2 cup coconut kefir
- 1 teaspoon cinnamon
- 1/2 teaspoon maca powder
- 1/4 apple, grated

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METHOD

Combine all the ingredients in a jar, secure the lid and ferment for 8 hours on the bench top, before either serving immediately or storing in the fridge, where it will last for

longer than regular chia pudding, thanks to the preservation method of fermentation. This pudding is delicious served with blueberries, fresh mint and maybe even a dollop of your coconut yoghurt for an extra dose of probiotic goodness.

Beetroot Dip



Beets are a stunning source of antioxidants, which fight inflammation, fibre for digestive health, vitamin C to assist in detoxification and also lowers blood pressure and aids recovery after exercise. Perhaps most importantly, beets also activate phase 2 liver detoxification, assisting the liver in excreting harmful substances from the body. The coconut cream is a delicious source of MCT (medium chain triglycerides) that are an instant source of energy for our cells, increasing metabolism, immune and thyroid function.

INGREDIENTS

- 450g raw beetroot, peeled and chopped
- 120g of your homemade coconut yoghurt, made from your Kultured Wellness starter
- 2 cloves garlic
- 1 teaspoon ground cumin
- 1 teaspoon parsley
- 20g avocado or olive oil

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METHOD

Blend all ingredients together

until well combined, using either a blender or food processor.



Enjoy your Fermented Goodies!

