

## **Pickled Radishes\***

*Radishes contain arabioglactans, a type of prebiotic fiber which nourishes the good bacteria in your gut. Your gut bacteria ferment this fiber, producing the fuel needed to nourish the cells that line your gut. Moreover, fermented vegetables provide your gut with probiotics and the bacteria in your gut with prebiotics. The end result is a healthier gut.*

### **Ingredients:**

- **1 bunch radishes**
- **3/4 cup white wine vinegar**
- **3/4 cup water**
- **3 tablespoons maple syrup**
- **2 teaspoons salt**
- **1 teaspoon whole black peppercorns**

### **Instructions:**

- **Cut off the tops and bottoms of the radishes.**
- **Slice the radishes into very thin pieces.**
- **Put the radish slices into a wide-mouth, pint-size jar glass jar and then add the peppercorns.**
- **To make the brine, add the white wine vinegar, water, maple syrup, and salt to a saucepan and bring to a boil, stirring occasionally.**
- **Pout the mixture over the radishes, making sure to cover them completely.**
- **Let cool to room temperature and enjoy!**

**\*Adapted from Cookie & Kate**