



Trend – Fermented Foods

Trend - Condiments

### Healthy German Sauerkraut Salad

*Add some probiotics ingredients to your diet*

- 2 cups fermented or jarred sauerkraut, drained
- 1 medium sweet red apple, cored, diced
- 1 teaspoon honey, optional
- 1 Tablespoon liquid coconut oil
- 1/2 cup minced red onions
- 1/2 teaspoon caraway seeds, optional
- 1/4 teaspoon ground black pepper
- 2 Tablespoons sunflower seeds
- 1 Tablespoon minced chives or as desired

**Combine Sauerkraut:** In medium sized bowl, combine sauerkraut, diced apples with their peel, and honey if desired.

**Add Onions and Spices:** In small skillet, heat coconut oil. Sauté minced onion on medium heat until softened, about 4 minutes. Stir in caraway seeds and black pepper; cook 1 minute. Remove from heat; stir into sauerkraut. Add sunflower seeds.

**To Serve:** Place in small bowl; garnish with minced chives. Serve as salad or condiment for other dishes. Serves: 2 to 4

**About the Recipe:** Sauerkraut can be served warm or cold as a condiment, side dish, or even as part of a main dinner. It's roots can be traced to Germany, the Alsace Region of France, or Eastern European countries. Sauerkraut, a low-calorie fermented food, is packed with multiple nutrients, and adds good bacteria to the intestines, improving digestion, which strengthens the immune system.