

# fridge pickles

## ingredients

fresh vegetables to fill a pint jar (use cucumbers, asparagus, green beans, onions, whole garlic cloves, sweet peppers, hot peppers, carrots, cauliflower, etc.)

1/4 C any vinegar (apple cider, rice wine, white, red wine, etc.)

2 tsp. raw sugar, honey, agave, or other natural sugar

1/2 tsp. salt

## directions

Slice veggies in long strips or rounds or bite-sized chunks. Fill jar with veggies and rest of ingredients. Put lid on tightly. Shake every half-hour for an hour or two. Place in fridge and shake often. Pickles are ready the next day and will get better after a few days.



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