

Pickled Cauliflower

Ingredients

- 3 Cups of Cauliflower Florets
- 1 Carrot Sliced
- 2 Cups Spring Water
- 1 and 1/2 Cups or Apple Cider Vinegar
- 1 Clove Garlic (thinly sliced)
- 2 Tsp Red Chili Flakes
- 1/2 Tsp Paprika
- 1/4 Tsp Turmeric
- 1/2 Tsp Cumin
- 1 Tbsp Sea Salt

Directions

1. Clean all veggies, then place in bowl
 2. Add all remaining ingredients
 3. Place in Mason jars and store in fridge
 4. After 4 days cauliflower is ready to eat
- * You can play around with the veggies and the seasonings
 - * Great replaced for pickles or peppers