



Ricardo Riskalla is one of Australia's leading Fitness and Health experts. Contacting Ricardo is the first step to living a healthy lifestyle.

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Why you NEED to be eating sauerkraut

Believe the hype



Ricardo Riskalla

Official Personal Trainer for IMG Models Australia, author, nutrition expert and chef, Ricardo has been featured in Vogue and many publications. He is the secret weapon of many a supermodel and actor.

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Promising a flatter stomach and better gut health, this ancient food should be in everyone's life, says Ricardo Riskalla

Lately, it seems that everyone has been talking about fermented foods, in particular, sauerkraut. It's everywhere, from lining the aisles of health food stores through to trendy restaurants and cafés. Even though the finely cut cabbage dish and its fermented cousins have been in vogue since Roman times, lately, they're everywhere

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the amazing foods and beautifying superfoods we eat. Basically, with no good bacteria in the gut your body won't be able to fully absorb all the nutrients you need. That's the technical part, but the other great benefit of adding sauerkraut to your diet is that it helps your figure to stay slim. By adding this dish to your diet, you'll experience less bloating and a flatter stomach... you get the picture.

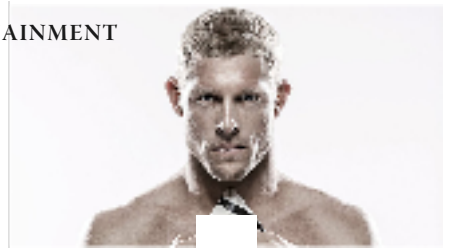


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Sure, there are a lot of pills out there that claim to provide the same benefits, but nothing compares to real, unpasteurised, fresh sauerkraut. I have to admit the first time that I heard the word "fermented" beside the word "food" it didn't tantalise my tastebuds, but it actually tastes amazing, and it grows on you, I promise.

As a model trainer, I have to stress that salt is not the best thing for your health and figure, because it creates water retention in the body, and most sauerkrauts are loaded with salt. So I have developed a unique recipe that has minimum salt and is loaded with goodness.

Here's how you do it. Note: This recipe makes a huge batch and I recommend you use a "Kraut Crock", a pot especially designed for fermenting vegetables, that comes with a weight. You can find these online and in good cooking stores.



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Equipment:

Professional 20-litre "Kraut Crock" or fermentation pot (most will come with weights, which you add later; if not, you will need to purchase these).

Ingredients (use only organic ingredients):

- 10 onions
- 3 cabbages
- 5 garlic bulbs
- 10 apples
- 10 corn cobs (kernels only)
- 3 broccoli heads
- 1 cauliflower
- 1 big ginger root
- 1 fresh turmeric
- 1 cup of rosemary leaves
- 1 cup of dried oregano leaves
- ½ cup of fresh chilli
- 1 cup of dried juniper berries
- 5 big beetroots
- 3 bunches of kale
- 15 carrots
- 2 tablespoons of salt (sea salt or Himalayan salt is best)



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Method:

1. Shred all ingredients very finely in the food processor and add them to the crock, then add salt.
2. Massage and press together until there is enough liquid to cover all vegetables.
3. Place weight inside crock.
4. Seal the crock lid with water.
5. Let it sit and ferment at room temperature for 5 to 8 weeks.
6. From time to time, check if there is enough liquid covering the vegetables. If not, add more water.
7. Before harvesting, you will need to remove the white film on top of it.
8. Finally, place final product, complete with liquid, in glass jars and keep it in the fridge.

Website: rawfit.com.au

Instagram: [@rawfit_training](https://www.instagram.com/rawfit_training)



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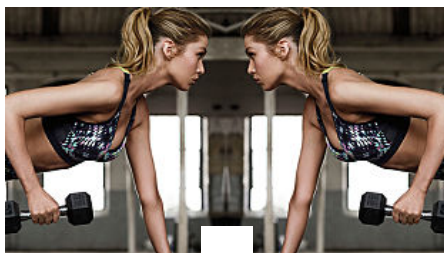
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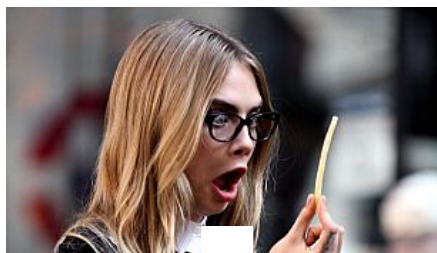
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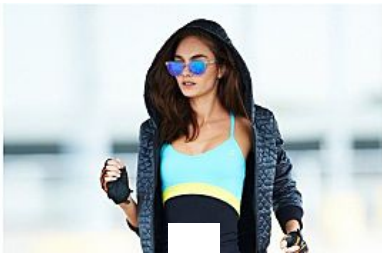
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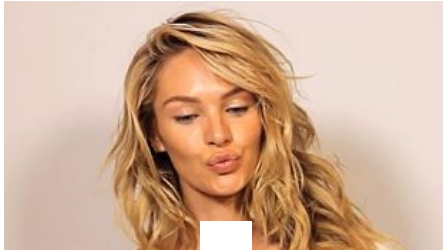
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