

# Pickled Vegetables



 30 min.  23 kcal  SteviaSweet Crystal

## Preparation

Peel and slice the carrots. Half the radishes and cut the cauliflower into small pieces. Boil the vegetables quickly in salted water and place into a glass jar. Mix the liquids for the pickle and bring to the boil. Pour the hot pickle over the vegetables and leave to cool down before serving. Keeps in the fridge for about a week.

Pickled vegetables are good with grilled food, sandwiches and salads. You can add chilli, garlic, cinnamon, or ginger according to taste.

## Ingredients for 6 servings

Pickle	
100 ml	white vinegar
40 g	SteviaSweet Crystal
300 ml	water
2	carrots
10	small radishes
1/2	cauliflower

## Nutritional information per portion

23	kcal
96	kJ
1	g Protein
4	g Carbohydrates
0	g Fat