

# Ishbel WELL



## Elderberry Ginger Cider

**Yields:** 40 servings | **Prep Time:** 10 minutes |  
**Ferment Time:** 6 weeks

### **Ingredients**

4 cups dried elderberries, clean and free of stems  
8 slivers of fresh peeled ginger, about 1 Tsp  
2 onions, chopped  
12 garlic cloves  
4 cup apple cider vinegar  
2 cup water  
8 Tbsp local honey

### **Instructions**

- 1) Place ingredients in a clean bottle.
- 2) Place top on the bottle, and mix by inverting the bottle several times. Make sure the liquid covers the berries. If needed, add more water.
- 3) Leave in a cool dry place for six weeks, inverting the bottle to mix every 3 or 4 days.
- 4) Remove elderberries from the cider. The cider is the elixir, but you might use the elderberries in a pickle also. Enjoy!

### **Notes**

*Take 1 tablespoon per day. When experiencing flu-like symptoms, consume up to 4 tablespoons per day. Check with your doctor for any contraindications.*

# Ishbel WELL



## Sauerkraut

**Yields:** 10 servings | **Prep Time:** 10 minutes |  
**Ferment Time:** 1 week

### **Ingredients**

1 medium head of white cabbage (800 – 900 g / 1.8 lb)

3.5 teaspoons sea salt (about 18 grams)  
1/3 cup filtered water

Glass jar, about 500-750 ml and a lid

Large bucket, container or a mixing bowl

### **Instructions**

1) Remove outer layer of cabbage. Cut the cabbage into quarters, remove the core and shred with a knife or a food processor.

2). Place cabbage in a bowl and sprinkle with salt, mix well and set aside for 5 minutes.

3). Add water to the cabbage and start massaging and squeezing with your hands. Continue this process for a few minutes. You'll notice the cabbage releases additional juices and begins to soften slightly.

4) Tightly pack the cabbage mixture in a jar. Use a wooden spoon to push the cabbage down so that the brine rises to the top and covers the cabbage completely. Place outer layers of cabbage (removed earlier) at top of sauerkraut to create a barrier of sorts. Brine should continue to rise over the top of the cabbage barrier.

5) Fill a small plastic bag or a small jar with water to act as a weight. Place in the jar on top of the cabbage barrier. The brine should puddle around the base of the weight. The goal with this is to weigh the cabbage down so that it remains compact and the brine is allowed to bubble up over the cabbage.

6) Cover with a breathable barrier like a coffee filter, towel or paper towel to keep dust out. Secure with a rubber band.

7) Set aside in a place it won't be disturbed. I put mine in a high cupboard.

8) Check your sauerkraut every day and make sure the cabbage is still submerged by the brine. Add water if needed.

9) Taste test after 7 days. At this point the cabbage should be fermented and ready to eat. Store in fridge.

# Ishbel WELL



## Mushroom Soup

**Yields:** 4 servings | **Prep Time:** 10 minutes |  
**Cook Time:** 30 minutes

### **Ingredients**

4T ghee

2 lbs cremini mushrooms

1 small handful Shiitake mushrooms

3 cloves garlic

1 leek or 1 onion (chopped)

2 cups chicken bone broth

2T fresh thyme

2T fresh sage

1T pepper

1T sea salt

### **Instructions**

- 1) Place ghee in a warm pan and add leeks/onions. Saute for 5 minutes until slightly brown.
- 2) Add garlic, mushrooms and spices. Slice mushrooms in half. Saute for 10 minutes stirring often.
- 3) Add bone broth.
- 4) Simmer for 5 minutes.
- 5) Turn off heat and let cool.
- 6) Blend with an immersion blender / blender.

**Notes** To retain as many of the nutrients as possible in the mushrooms, avoid over-cooking.

# Ishbel WELL



## Cutie, Blueberry Muffins

**Yields:** 12 servings | **Prep Time:** 30 minutes |  
**Cook Time:** 20 minutes

### **Ingredients**

12 muffin tins  
10 cutie oranges (mandarins)  
5 eggs  
1/2 cup monk fruit/maple syrup  
2 1/2 cups almond flour  
1 tsp baking soda  
1 tsp vanilla extract  
1 cup blueberries

### **Instructions**

- 1) Preheat the oven to 350 degrees.
- 2) Place muffin tins in muffin pan.
- 3) Place cuties in a saucepan and cover with water. Simmer for 10 minutes.
- 4) Remove from water, drain well and let cool.
- 5) Remove skins off half of the cuties. Leave the other half with skins intact. Discard removed skins.
- 6) Place cuties with skins in blender. Place cuties without skins in blender. Blend well.
- 7) Place eggs and vanilla extract in a bowl and beat until fluffy and doubled in size.
- 8) Add almond flour, sweetener, baking soda, and blended oranges. Mix well.
- 9) Fold in blueberries.
- 10) Spoon batter into muffin tins, filling 2/3 of the way up.
- 11) Bake for 15-20 minutes.
- 12) Remove from oven and let cool for 10 minutes.