

红白萝卜黄瓜泡菜

材料：

小黄瓜	200克
白萝卜	100克
红萝卜	100克
腌渍调味料	1份

做法：

- 1) 小黄瓜，白萝卜和红萝卜洗净风干，切棒条状
- 2) 将所有蔬菜棒条放入以热水杀菌过的玻璃瓶内，倒入腌渍调味料，密封后冷藏
保存期限2个月

腌渍调味料

材料：

糙米醋	200毫升
过滤水	200毫升
有机绵冰糖	6汤匙
辣椒干	2条
昆布	1条 (8公分)
嫩姜片	20克

做法：以上材料（除醋外）加入锅内，煮至糖溶化，熄火，待温，加入醋

小黄瓜营养素：含有糖份，蛋白质，钙，磷，铁，丙醇二酸等成分

小黄瓜功效：清热利尿，可解暑毒，帮助降血压，淡斑美白。小黄瓜的顶端会有一点苦味，这是由于其中含有葫芦素C，葫芦素C油微毒，但它有较强的抗肿瘤作用。小黄瓜有很高的

药价值，它的矿物质中钾的含量较高，钾能加速血液新陈代谢，促使体内排出多余盐分，近代药理研究则认为鲜瓜中含有大量的丙醇乙酸，有抑制糖类转化为脂肪的作用，故也有多吃黄瓜可以减肥的说法

红萝卜功效：

- 含人体必须的所有矿物质、维生素
- 含有硫磺、氯、磷等矿物质，可以净化肠胃，肝脏
- 维生素A改善眼睛疾病
- 钙质可以强化骨骼
- 此外，对于感染性疾病，不孕症，神经系统疾病也有效

Carrot Radish Cucumber Pickle

Ingredients:

Cucumber	200 gm
Radish	100 gm
Carrot	100 gm
Seasoning	1

Method:

1) Wash cucumber, radish and carrot, then dry. Cut into strips.

2) Put all the ingredients into a glass bottle which is disinfected with hot water. Add seasoning. Seal and put into fridge.

Seasoning:

Brown Rice Vinegar	200 ml
Filtered Water	200 ml
Organic Fine Sugar	6 tbsp
Dried Chilli	2 pcs
Konbu	1 pc (8cm)
Sliced Young Ginger	20 gm

Method:

Add all the above ingredients (except vinegar) into pot. Boil till sugar dissolved. Turn off

flame. When it is warm, add vinegar.

Cucumber: Contains sugar, protein, calcium, phosphorus, iron and propanoldiacid

Benefits of cucumber: Reduces heatiness and diuresism. Helps lower blood pressure. Benefits for beauty. Helps to prevent cancer. Contains high potassium, which is beneficial for the metabolism of blood. Cucumber also helps for slimming.

Benefits of carrot:

Contains necessary vitamins and minerals for human body.

Contains sulfur, chlorine and phosphorus which are beneficial for stomach and liver

Contains vitamin A which is good for eyes

Calcium is beneficial for bones.

联络热线: 93868783/90605747

Good for infectious diseases, infertility and nervous system diseases.