



Natural Life
Choices,™ Inc.

SAUERKRAUT SALAD WITH PINEAPPLE AND TANGERINE



INGREDIENTS:

- » 1lb sauerkraut
- » 1 shallot
- » 3-4 slices of pineapple from can
- » 1oz raisin
- » 3 tablespoon of olive oil
- » 1 tangerine
- » Salt, white pepper



PREPARATION:

Wash sauerkraut and chop finely and put in salad bowl. Chop shallot and fry using 1 tablespoon olive oil and add into sauerkraut. Cut pineapple into small pieces and add to bowl. Soak raisins in pineapple water from can for 15 minutes, then squeeze them and add to bowl. Add 2 tablespoon of olive oil, salt and white pepper and mix well. Peel Tangerine and remove from white skin and collect juice and add to the salad. Add small pieces of tangerine to the bowl and gently mix.

Bon Appetite!

"I have the strength for everything through him who empowers me." (Philippians 4:13)