

GUNDRUK POWER BOWL (NEPAL)

Maya's grandmother ferments mustard greens in clay for 7 days.

Result: 22% lower inflammation markers (Jha et al., 2018).

INGREDIENTS (1 jar)

- 500g mustard leaves
- 1 tsp salt
- 1 tsp turmeric
- Clay pot or glass jar

STEPS

1. Wash & wilt leaves in sun (2 hrs)
2. Massage with salt + turmeric
3. Pack tight in jar, weigh down
4. Ferment 7 days at 20–25°C
5. Eat 2 tbsp daily with rice

WATCH A VIDEO

<https://www.youtube.com/watch?v=Spd9eHeP6fg>

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