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### Fermented Fruit and Nut Paste

Chop up a variety of nuts, add some seeds, chopped dried fruit such as prunes, figs, dates and fresh apple. Add ginger bug liquid (see Ginger Bug recipe) and some pieces of ginger from ginger bug as the starter culture. Ferment at room temp for about two days and then fridgerate. It is best to consume within two weeks. Delicious over porridge or with yoghurt/milk kefir/ ice cream.

