

# Truck Patch

Serving size: ½ cup

*This is my Gran Ara's creation, and the rite of passage into spring/summer in our family every year. It's so easy to make, and so good for you.*



## INGREDIENTS

1 cup each of the following:

- diced green cabbage
- diced green bell pepper
- diced red onion
- diced English cucumber (leave peel on)
- diced tomato
- Better Stevia drops to taste (or another low-carb sweetener of your choice)

Approx. 1 cup apple cider vinegar (the raw, unfiltered tastes best!)

Approx. ½ cup water (optional if you want to tone down the acidity of the vinegar a bit)

Salt & Pepper to taste

## INSTRUCTIONS

Place all veggies in big bowl, stir to mix up, then add salt, pepper, and vinegar (and optional water). If you are using a **liquid artificial sweetener**, add that **last** so it gets incorporated into the liquid of the vinegar. If you are using a **granulated artificial sweetener** like Erythritol, put that directly on the veggies **first** and stir around a bit to let it start mixing with the juices of the veggies, then add your liquids last.

If you have leftovers, strain out the vinegar (you can jar it and save it for your next batch!) before storing veggies in fridge or they will soak up too much of the vinegar and strangle you when you try to eat it.