



PCOS
mag COMMUNITY CONTENT

CUCUMBER KIMCHI

by Sammy Sandshoes

SERVINGS: 1

PREP & COOK TIME: 5 MIN

INGREDIENTS

- 1/3 cucumber
- 20 gr kimchi

DIRECTIONS

Cut 1/3 cucumber in 8 thick slices and top them with a bit of kimchi each. The result is refreshing, filling and great for gut health!

NOTES

Cucumber kimchi slices are perfect as a veggie starter before meals!