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**PICKLES**

**Ingredients:**

**One cucumber**

**One carrot**

**One bell peper**

**One raw tomato**

**A small cauliflower**

**Pepper, laurel and mustard**

**A teaspoon of salt**

**½ litre of water**

**A jar (800g) with a lid**

**Wash the vegetables and cut them into small pieces. Put all the vegetables in a jar, then add pepper, laurel and mustard.**

**Boil a ½ litre of water with a teaspoon of sald. Poor the hot mixture in the jar and put the lid on.**

**Put the jar in a cold place for a month.**

**We often say that pickels protect our organism of flew during winter.**