

Beet Kvass

Ingredients

2 beets
1/4 cup whey or juice from sauerkraut
1 Tablespoon sea salt
filtered water
1 quart glass jar

Method

1. Wash beets and, if not organic, peel.
 2. Chop beets into small cubes but do not grate.
 3. Place beets in the bottom of your quart jar.
 4. Add whey or sauerkraut juice and salt. You may also double the salt instead and give it longer to ferment.
 5. Fill jar with filtered water.
 6. Cover with towel or cheesecloth and leave on the counter at room temperature for 2 days to ferment.
 7. Transfer to refrigerator.
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Notes



For health benefits it is recommended to drink 3-4 ounces each morning and evening. In Europe, kvass is widely used in cancer therapy and is believed also to help with fatigue, allergies and digestive problems. Think of it as a digestive aid that delivers all of the nutrients found in beets. One glass in the morning alkalinizes the blood, cleanses the liver and helps regulate bowel movements.

Zowie!

Source: Wellness Mama (Yield: 1 quart (4 cups))
