



INGREDIENTS

- 2-3 organic beets, washed and peeled
 - 8 cups clean, filtered water
 - ¼ cup whey (i.e. the yellow liquid from straining yogurt for 4 to 5 hours)
 - 1 Tbsp sea or pink Himalayan salt
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DIRECTIONS

1. Chop 2 to 3 beets as pictured below:



2. Add the water, whey and salt into a sealable glass jar. Cover and let it sit on the counter for about 3 days. Voila, beet kvass

3. Strain out the beets and store the kvass in the fridge where it will continue to ferment. I find that the flavor deepens and becomes more palatable over time.

4. You can repeat the process once more using the same beets. Otherwise, enjoy eating the raw fermented beets as well!

5. Begin with 1 Tbsp and increase gradually. Enjoy daily!