

Beet Kvass

Makes 2 quarts

3 medium or 2 large organic or biodynamic beets,

peeled and chopped coarsely

*_ cup whey **

1 tablespoon Celtic sea salt

filtered water

This drink is valuable for its medicinal qualities and as a digestive aid. Beets are just loaded with nutrients. One 4-ounce glass, morning and night, is an excellent blood tonic, promotes regularity, aids digestion, alkalizes the blood, cleanses the liver and is a good treatment for kidney stones and other ailments. Beet kvass will be very helpful if your stomach acid is **insufficient** ("acid reflux" is an indication of this) and it will aid in the digestion of fats. Beet kvass may also be used in place of vinegar in salad dressings and as an addition to soups.

Place beets, whey and salt in a 2-quart glass container. Add filtered water to fill the container. Stir well and cover tightly. Keep at room temperature for 2 -3 days or until fermentation has occurred - look for bubbles or note a sour taste. Transfer to the refrigerator. The beet kvass may be drunk at any time, but it will be much better tasting if allowed to "age" in the refrigerator for 1-2 weeks!

Note: Do not use grated beets in the preparation of the beet tonic. When grated, beets exude too much juice and sugar resulting in a too rapid fermentation that favors the production of alcohol rather than lactic acid.

***Whey:** Place 1 quart of best quality whole natural yogurt (unsweetened) in a strainer lined with a tea towel, placed over a bowl. Cover with a plate and leave at room temperature for 12 -24 hours while the whey runs out. Store the whey in a 1-pint mason jar and the cream cheese in a covered glass container in the refrigerator.