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## ***Beet Kvass – a Naturally Fermented Drink***

### ***Ingredients***

***(Makes 1 gallon)***

- 3 qts purified water
- 4 – 5 medium to large organic beets, peeled and coarsely chopped (not grated)
- ½ cup cultured start (kombucha or naturally fermented pickle or sauerkraut juice)
- 2 tbsp sea salt

### ***Preparation:***

1. Clean the Picklemeister jar with warm soapy water (do not use a sterilizing solution, it may kill the good bacteria and not allow for proper fermentation).
2. Place all ingredients into Picklemeister jar and stir.
3. Screw on the main lid, fill the air lock with water up to the marks on the sides, and insert the air lock into the rubber stopper on top of the main lid.
4. Set the jar on a plate or shallow pan to catch any overflow during fermentation (this is normal).
5. Allow to set on a counter out of direct sunlight for 10 days. Do not open the jar before hand.
6. After 10 days strain the beets from the liquid. It is very normal for a top layer of scum and possibly mold to form on top of the liquid. Just spoon this off before straining. The beet kvass will keep in the refrigerator for several months. Remember this is a living food do not drink directly out of the bottle.

Enjoy!