

Tips For Adding Beet Kvass To Your Daily Diet

Beet Kvass

- This is a simple fermented vegetable beverage to make
- The beet kvass made with a brine is quite salty
- Beet kvass made with whey is not as salty but may not develop the normal fermented beet good bacteria strains
- It is an option to flavour beet kvass with other vegetables, fruits and herbs or spices
- Experiment to find the way you like it

Adding it To The Diet

- Drink it straight 2-4 ounces(56-122 ml) per day
- Drink it before a meal or with a meal to aid digestion
- Beet kvass can be used in salad dressing to replace some of the vinegar and some of the salt
- Adding other juices to kvass can create some delicious beverages

Adding It To The Diet

- Makes a great base for smoothies – tart fruits go nicely with it as well as blander vegetables
- Can be added to soup (after it is served in a bowl)
- Meals with chicken and fish go well with beet kvass
- 4 ounces (112 ml) morning and night makes a good blood cleanser
- Enjoy!