

Beet Kvass Made With Whey

Equipment Needed:

Measuring cups and measuring spoons
Cutting board
Knife
Mesh strainer
1 litre or 1 quart Mason jar with lid

To Make the Recipe

1 medium beets, chopped coarsely
1 1/2 tbsp whey (drained from plain yogurt or kefir)
1 tsp sea salt
2-3 cups spring water

Chop the beets into small cubes. Do not grate. Place the beets in the jar and fill 1/3 of the jar. Add the sea salt and whey. Pour in the water and fill the jar, leaving one inch of space from the top. Place the lid on top and screw it on tightly. Let it ferment for 2-7 days. Turn the jar upside down every day to keep the beets covered until the gas build up inside of the jar. .

Tip: Add citrus peels, other vegetables like cabbage or onions or herbs and spices like ginger root. Use your imagination and create the kvass you like best