



Wellspring

HEALTH & SPORTS PERFORMANCE

Beet Kvass

1 qt jar
3 medium beets, peeled and quartered (or enough to fill your jar)
¼ c whey
1 tsp. salt

Fill jar with filtered water, beets, whey, and salt. Set in a dark place for two days. Refrigerate and drink 1 oz. a day.

The Benefits of Beet Kvass:

- This is a fermented drink that provides beneficial bacteria, enzymes and many nutrients, which the fermentation process will release from the beet. It is a blood and liver tonic as well and is very hydrating!