

Fermented Probiotic Beet Juice (Soda Alternative)

INGREDIENTS

2 1/2 cups water (chlorine-free, do not use tap water)
2 tablespoon pure local honey
1 cup of beets, diced into small cubes with skin on. (1 medium beet)
Additional flavor add ins (see below)

INSTRUCTIONS

Mix the water and honey in the bottom of a 1 litre jar. Scrub the beet. Remove the top and tail, but do not peel. Chop the beet up into small cubes. Add the beet cubes to the jar. Cap the jar with an airlock lid. Place the jar somewhere dark to ferment for 2-3 days. If using a lid, open and retighten quickly once per day to allow gas to escape as it ferments. Once fermented, strain the juice and store in fridge. The beets can be used in other recipes.

NOTES

This recipe will not work with regular commercial honey. Raw, unpasteurized honey naturally contains yeasts and bacteria needed for fermentation.

This ferment will really bubble. Make sure the gas can escape by using a mason jar with an airlock. With only two tablespoons of honey, this kvass is not very sweet. After fermenting, add sweetener to sweeten taste.

MAKE BEET KVASS WITH FULL CARBONATION

This is a lightly sparkling kvass. To increase the bubbles, you will need to bottle the kvass and add more sugar.

Strain the liquid and pour into a plastic bottle with cap or a swing-top bottle. Add 1 tablespoon of sugar to the bottle to drive the carbonation. Cap it, and swirl to dissolve the sugar. Leave the bottle out on the counter for 1-3 more days, until it is fully carbonated. When it's carbonated, store it in the fridge, and drink within 2 weeks.

ADD MORE FLAVORS

Use a mix of beets and carrots for a sweet vegetable mix.

Add the zest of an orange, lemon or lime for a bit of a citrus flavor.

Fruit: Try sliced peaches, pears, apples or plums. Add in up to 1 cup of sliced fruit

Herbs: Mint: Add a few sprigs of fresh mint