



LINDGREN  
functional medicine

# HOW TO MAKE BEET KVAASS

## WHAT IS IT?

Beet kvass is a fermented beet drink traditionally made in Eastern European cultures. It has an earthy, salty, tangy flavor and is full of beneficial probiotics (much like kombucha and sauerkraut). It is simple to make with just a few starting ingredients!

YOU NEED: *whole beets, pink/sea salt (not iodized),  
filtered water*

1. Cut tops and tails off beets (no need to peel).
2. Cut into 1/2 inch cubes.
3. Fill (very) clean jars with beets.
4. Mix 1 heaping Tbsp unrefined salt with 3 cups filtered (or boiled and cooled) water.

*OPTIONAL: Add a little brine from raw sauerkraut/pickles or whey from raw yogurt to quick-start the fermentation process.*

5. Fill jar with salt water so all beets are submerged.
6. Cover with lid, set jar in bowl (to collect leaking juices), and store at room temperature.
7. Check every few days to release air, skim off any harmless mold or foam that forms.
8. After 2 weeks (or until you like the taste), strain out beets.
9. Store in refrigerator for up to a month.

*chemicals or microbes in tap water can influence fermentation*

*some people also add pickling spices, ginger, garlic, onion, or lemon to change up the flavor*



*enjoy a  
tablespoon or 2  
every day*