



What you will need:

2 large organic beets (or 3 medium)

1/4 cup whey from pasture-fed raw milk yogurt

1 tablespoon sea salt (celtic or Himalayan)

filtered water or water from a good source (no chemicals)

Clean beets and cut into large chunks. (Quarter medium beets and cut large beets into sixths)
Place in a half gallon glass jar. Strain whey from pasture-fed raw milk yogurt (using a cheese cloth). Add whey and sea salt to beets. Fill with water. Place a tight lid on the jar and set on a counter where the room is about 70 degrees for 48 hours. (a day or two longer if it is cooler and shorten the time a little if it is warmer) Store in the refrigerator and sip 4 ounces twice daily or as needed.

Round 2: After you have drunk most of the kvaas, fill with water, again. Keep at room temperature another 2 days. The second batch will taste a little different, but be just as beneficial. (after this, discard beets and start over.

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