Rejuvelac

Rejuvelac is a cultured beverage that was traditionally made with wheat berries, but you could substitute any grain you choose. As with all cultured foods it contains a variety of probiotics, as well as enzymes, vitamins, and minerals. All of which help with colon health, digestion, building the healthy flora in the gut, boosting the immune system, and nourishing many parts of the body. It also contains protease enzymes which can break down the protein coat on certain viruses, allowing the body to recognize them as an enemy so the immune system can then attack and remove them. This is truly a super drink! Unlike other cultured beverages this one is very easy to make and all you need is water and some grains.

½ cup wheat berries (or grain of choice)
4 cups filtered water

Sprout the wheat berries. Place the sprouted wheat berries and filtered water in a quart jar. Leave in a warm place for 24-48 hours. The liquid should turn cloudy, and you will see little bubbles forming along the sides when it is ready. The liquid will have an effervescent quality, which are the probiotics that have been cultured. Strain the berries and store the liquid in the fridge. The berries can be used for one more batch, but this time just let it sit for 24 hours. Compost the wheat berries at this point and enjoy your probiotic packed beverage!

I like to add a squirt of lemon and a couple drops of stevia liquid to make a sparkling lemonade. You could also try different flavored stevia drops, fresh fruit juice or just drink it plain.

