

# Rejuvelac

1 C. dry grain – I prefer wheat berries  
1 quart mason jar  
Lots of clean water (preferably distilled), about 1/2 gallon

Take the grain and rinse it in clean water. Place the grains in the jar. Fill the jar up to 2/3 full of water and let sit overnight (about 8 hours). Strain out the water in the morning. Next rinse and strain again twice. Place a mesh lid or clean cheesecloth and elastic over the mouth of the jar. Let it sit. Rinse the grain twice to three times a day until little sprouts grow, 1-2 days usually. After the grains have sprouted a tail, rinse well, then add about 3 c. of distilled water. Cover with a mesh lid or cheesecloth and

elastic. Set on the countertop or cupboard for 1-2 days. Each day give the jar a swirl to move the grains around. Once the liquid becomes slightly cloudy with some bubbles, strain off the liquid into a clean jar and lid. Discard the grains. This can be stored in the refrigerator for up to two weeks.

If the drink has a foul odor, is extra murky or molded discard and try again- be sure to use clean items and working space. Rejuvelac should be slightly cloudy with a pleasant tangy taste and a citrus aroma. Try taking 2-4 T. a day per person. I like to add mine to smoothies for my children. Enjoy!

Recipe by Kelly Pomeroy

