



**ALASKA CENTER
FOR ACUPUNCTURE**

Rejuvelac

From “Healing with Whole Foods” by Paul Pitchford

Rejuvelac is a fermented drink that provides an inexpensive source of friendly bacteria helpful for creating healthy intestinal flora.

2 cups wheat berries or quinoa
1 quart water

Soak 2 cups of wheat berries for one day. Discard soak water. Soft white wheat berries work best, although I prefer quinoa. Rinse berries/quinoa and soak again in a jar containing one quart water. Cover the mouth of the jar with a cloth or sprout screen and let stand for two days. Pour off rejuvelac. Add one quart of water to the wheat. After one day, pour off second batch of rejuvelac and compost wheat. Begin soaking more wheat berries/quinoa to make a fresh batch of rejuvelac.

Makes 4 cups

Rejuvelac tastes a little sour, somewhat like whey. If too sour, reduce the fermentation time. If it tastes foul, discard. This happens if it ferments for too long or the wheat is poor quality. Rejuvelac brews faster in hot weather. Once made, keep refrigerated.

For a stronger sour drink: after rejuvelac is first made, refrigerate it and keep wheat berries in the jar. Each time you pour off a drink, refill the container. Rejuvelac can be kept for several weeks.

****Note:** I have used Rejuvelac instead of whey in the Beet Kvass recipe. This works well for people who cannot tolerate dairy products at all. ******

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