Discovering Kvass!

Kvass. It might be new to the store shelves, but it’s actually an age-old beverage, hailing from Russia and it’s lip-smacking good.

Years ago, I discovered Kvass (Russian for “leaven”) and it definitely raises the bar. Here’s a drink that takes the simplest ingredients and transforms them into a refreshing drink, but what’s more, a healing elixir, too. All starting with bread and water, or beets and salt.

With a simple fermentation process involving sourdough or sourdough rye bread, glucuronic acid is produced. If you’ve never hear of this-don’t worry. All you need to know is that your liver makes this acid, too. It gathers up toxins and poisons and evicts them from your body.

So, after a glass of Kvass, your body gets a boost of glucuronic acid and can really accelerate the detoxification process.

It’s typically flavored with fruits, such as apples and raspberries or vegetables like beets. I highly recommend you add it to your shopping list or better yet-make it yourself and follow in ancient footsteps when you craft and enjoy this detoxifying drink.

To our health! Or as the Russians say, “На здоровье!”

Here’s a great recipe to try from Sally Fallon’s

Nourishing Traditions (page 595):

You'll need:

- 4-5 slices whole grain sourdough bread
- 2 quarts filtered water
- ¼ cup whey
- 2 teaspoons sea salt
- ½ cup raisins
- 2 apples, peeled and quartered

"Place bread in warm oven until dried out. Place in a large bowl. Bring water to a boil and pour over bread. Let cool before adding sale and whey. Cover and leave at room temperature for 2-3 days. Remove bread and strain into a 2-quart container. Add raisins and apples, cover tightly and store in refrigerator for about 1 month before drinking. Kvass is ready when the fruit floats-a sign that sufficient lactic acid has been produced."