



NIKKI WAGNER
NUTRITION

Fermented Drinks

Kefir Water

Ingredients:

1L non-chlorinated water

1/3c sugar

¼ teaspoon bi-carb

½ lemon

Date or other dried fruit (if desired)

1c kefir water crystals/grains

First Ferment:

Place all ingredients in a 1L glass jar and fit with a plastic or plastic-coated lid.

Place in a cool spot for three days.

Second Ferment:

Strain out the crystals (use in next batch of kefir water). Pour water into a separate glass container with a plastic lid. Flavor water as desired.

Leave in a cool place for 2 days.

Place in fridge and drink.

Kefir Milk

Ingredients:

2c fresh milk

1tablespoon kefir milk crystals/grains

First Ferment:

Place milk and crystals in a glass jar and fit the opening with a piece of muslin or cheesecloth and secure with a rubber band.

Place in a cool spot for one day.

Strain out the crystals (use in next batch of kefir milk). Pour milk into a separate glass container with a plastic lid. Place in fridge and drink or use in recipes.

Kombucha

Ingredients:

1L non-chlorinated water

1/3c sugar

1 black teabag

1 SCOBY

First Ferment:

Place all ingredients in a 1L glass jar and cover opening with a piece of muslin or cheesecloth and secure with a rubber band.

Place in a cool spot for 7-10 days (will ferment faster in hot weather).

Second Ferment:

Strain out the SCOBY (use in next batch of kombucha or jun). Pour liquid into a separate glass container with a plastic lid. Flavor water as desired.

Leave in a cool place for 2 days.

Place in fridge and drink.

CAUTION: pressure will build up during a second ferment, be very careful when opening and make sure not to let them go too long as they will explode.

Jun

Ingredients:

1L non-chlorinated water

1/3c local honey

1 green teabag

Herbal tea leaves if desired

1 SCOBY

First Ferment:

Place all ingredients in a 1L glass jar and cover opening with a piece of muslin or cheesecloth and secure with a rubber band.

Place in a cool spot for 7-10 days (will ferment faster in hot weather).

Strain out the SCOBY (use in next batch of **kombucha**). Pour liquid into a separate glass container with a plastic lid.

Place in fridge and drink.

NOTE: you will need to refresh the SCOBY in a batch of kombucha next as repeated jun batches will kill the SCOBY.

Fire Cider

Fire Cider is just what it sounds like – a fiery, pungent concoction! It has been used to ward off colds and flus for generations. Take it at the first sign of a cold or take daily as a preventative. Fire Cider also aids digestion, lowers blood sugar levels and increases circulation. Once the infusion is complete you can dilute it in soda water, kefir water or other beverages, drink it on its own (a jigger is enough – 1.5oz./45ml) or add it to cooking. Other ingredients can be added like elderberries, orange/grapefruit, rosemary, thyme, rose hips cinnamon sticks, peppercorns, parsley...

Ingredients:

30g/1 oz. onion, finely chopped

4-5 garlic cloves, finely chopped

3 tablespoons horseradish or daikon, finely grated

3 tablespoons ginger, finely grated

1 tablespoon turmeric, finely grated

Zest and juice of ¼ - ½ lemon

1 hot chilli, cut in half

¼ cup/60ml local, raw honey

2 cups/500ml apple cider vinegar (or to cover other ingredients)

Method:

Place all ingredients in a 1-liter glass jar. Cover all ingredients with apple cider vinegar (ACV). Place lid on and close tightly.

Leave to sit at room temperature for 2-4 weeks, shaking the jar once a day. When ready strain off the tonic into another glass jar (approx. 2 cups/500ml.) and either compost or cook with the solids.

Keep the lid on your tonic airtight, place in a cool, dark place for up to 12 months.

Beet Kvass

Beet kvass is a gorgeous ruby-red tonic used to purify the blood, digestive aid, alkalises the body and cleanse the liver. It is great for balancing female hormones, too. Once the infusion is complete you can dilute it in soda water, kefir water or other beverages, drink it on its own (a jigger is enough – 1.5oz./45ml) or add it to cooking. Kvass has a very earthy, somewhat sour flavor.

Ingredients:

2-3 organic beetroots/beets (red works better than the golden variety)

1 tablespoon sea salt

Filtered, non-chlorinated water

Method:

Clean and cube (don't grate) the beetroots/beets. Place in a 2-liter/2-quart clean glass jar. Add salt, stir, and cover to the top with water.

Put lid on tightly. Let the jar sit on your kitchen bench or cupboard for 2 days then place in the fridge. At this point you can start to use drink the kvass.

The remaining beets at the bottom of the jar can be used in salads.