CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Beet Kvass

Gut Health & Circulation Support

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What This Supports: Gut Health • Digestion • Circulation • Fermented Foods Intake

Why It Works: Beet kvass is a traditionally fermented beverage rich in beneficial bacteria, organic acids, and beet-derived nitrates. Fermentation supports gut microbiome diversity, while beets are commonly associated with circulation and nitric oxide support.

Tools Needed:
• Glass jar
• Knife & cutting board
• Towel

Ingredients:
• 4–5 small beets
• 0.5 tbsp sea or Himalayan salt
• 2 tbsp whey
• 750 ml filtered or spring water

Directions:
1. Lightly wash beets, cut off ends, and chop into bite-sized pieces. Fill bottom third of jar.
2. Add whey, salt, and water, leaving ~1 inch headspace.
3. Seal jar and shake gently until salt dissolves.
4. Cover with a towel and ferment at room temperature for 4–7 days, tasting daily.
5. Refrigerate once desired flavor is reached.

Key Nutritional Benefits:
• **Gut support:** Natural fermentation introduces beneficial bacteria.
• **Circulation:** Beets contain compounds linked to nitric oxide production.
• **Digestive support:** Organic acids from fermentation may aid digestion.

Best Use:
• Small daily servings (2–4 oz)
• Alongside meals to support digestion
• As a non-sugary fermented drink option

Quick Notes:
• Start with small amounts if new to fermented foods
• Always use clean jars to avoid contamination
• Not intended as medical advice