



CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Sparkling Orange Blueberry Kvass
Fermented Beverage & Circulation Support

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Sparkling Orange Blueberry Kvass

Fermented Beverage & Circulation Support

What This Supports: Gut health • circulation • low-sugar beverage

Why It Works: Kvass provides organic acids and beet-derived compounds linked to circulation.

Ingredients & Directions:

Sparkling Orange Blueberry Kvass

Tools:

Knife

Cutting board

Jar

Towel

Ingredients:

2 slices orange

1/4 cup blueberries

1 tbsp raw honey

Filtered water

Directions:

1. Slice and peel orange and place in jar.
2. Lightly mash blueberries and add to jar.
3. Add in honey and fill the rest of the jar with water, leaving 1 inch at the top.
4. Put on tightly fitting lid and shake until honey is dissolved.
5. Place on counter, covered, for a few days. Burp 2x per day, placing in the fridge when it starts to bubble.

Best Use: Use as soda alternative in small servings.

Food Safety & Notes:

- Open bottles carefully
- Avoid over-fermentation

Storage: Refrigerate; best within 1–2 weeks