

Submitted by: webchef on Wed 17 Oct 2007 05:03:27 EST

Description

Rejuvelac is an enzyme rich drink.

Ingredients

1 1/3 cup of wheat grains
4 litres filtered water

Preparation

1. Sprout wheat (about 2 days depending on the temperature)
2. Put half the sprouted wheat into a two litre jar then fill the jar with filtered water. Repeat with a second jar. This yields 4 litres of Rejuvelac
3. Leave to stand in a semi dark area until bubbles rise to the top of the water if the jar is moved (approximately 2 days depending on the temperature)
4. Strain off the liquid into containers and refrigerate. This is Rejuvelac. Drink at least a couple of large glasses every day.

Notes

Rejuvelac is an enzyme rich drink and rich source of friendly bacteria to heal your digestive system. Rejuvelac contains eight of the B vitamins, vitamins E and K, and a variety of proteins, dextrans, carbohydrates, phosphates, saccharines and amylases.

Preparation Time	> 2,5 Hours	Difficulty	very easy
Portion	1 serving	Country/Region	
Vegan	1	Cost	