

## **Russian - Beet Kvass (Fermented Liver Detox Drink)**

### **Why it's medicinal:**

Beets support **liver detoxification**, and fermentation provides **probiotics** for gut health.

### **Ingredients:**

- 2 large beets, chopped
- 1 tbsp sea salt
- 4 cups water

### **Instructions:**

1. Place beets in a jar with salt and water.
2. Cover loosely and ferment at room temperature for 3-5 days.
3. Strain and drink.