

Rejuvelac, the rejuvenating drink!

Where does it come from?

Rejuvelac was invented by Ann Wigmore, a woman who has healed many people of incurable diseases such as cancer by way of raw food and fasting techniques. You can find much information about her on the Internet,

What is it?

Rejuvelac is a refreshing drink made of sprouted wheat or other grains and water. It is full of enzymes, lactic acids and vitamins and is therefore very good to build a healthy intestinal flora, it also cleanses the kidneys and helps digestion.

You can keep Rejuvelac for 7 days in the refrigerator. If it changes taste during this period, it means that some chemical process is still going albeit slowly;

This is a so-called wild fermentation, because it does not involve use of yeasts; these are naturally present in the air. That means that one time it can go very well and other times not.

Throw the mixture away when you notice the presence of a mold. Boil the pot and the cheese cloth well and start again.

You can drink Rejuvelac pure as a refreshing drink or use it as a starter for nut cheeses and pates or with other recipes. The Rejuvelac helps to digest the nuts and seeds better and gives it a great taste too.



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How to make Rejuvelac?

Ingredients:

- 75 grams of wheat
- 2 x 1.5 liters of mineral water

Method:

- Soak the wheat 8 hours in plenty of water.
- Drain in a sieve and hang sieve, covered, in a bowl.
- Next 2 days rinse 3 times a day
- The wheat now starts to germinates, sprout slowly.
- Do them in a large pot and add 1.5 liters of mineral water.
- Cover with a cheese cloth + rubber band.
- Leave for three days at room temperature.
- Strain the Rejuvelac and put it in the mineral water bottle.
- Add another bottle of mineral water to the wheat and strain it after 24 to 36 hours for your next batch.

