

REJUVELAC

1. Soak 2 cups unsprayed soft wheat berries in 4 cups reverse-osmosis water for 24 hours in an uncovered glass or enamel container.
2. Pour water off into another container; do not cover.
3. Add 4 cups water to the same wheat for next morning. Put into refrigerator. Do not cover.
4. Repeat process, using same wheat for 3-6 days.
5. Drink 1 pint to 1 quart of this water, daily.

This is a superior fermented drink filled with enzymes. The soaked wheat that was used to make the Rejuvelac will sprout in about 15 hours if kept without water. It may then be used to make a breakfast cereal, a milk, or planted to produce wheatgrass.

To make a delicious cereal, blend 1 cup of these slightly sprouted wheat seeds with 1/2-1 cup reverse osmosis water until the consistency you enjoy.

To make a tasty milk, blend together 1 cup of the slightly sprouted wheat seeds with 2 cups warm distilled water and strain.