

RECIPE



Rejuvelac is a naturally fermented probiotic drink made from sprouted whole wheat berries and water. It's rich in enzymes, beneficial bacteria, and B vitamins, making it a powerful addition to any gut-healing or detox protocol. Lightly tangy and slightly cloudy, Rejuvelac is a living beverage that supports digestion and overall vitality.

Rejuvelac

Ingredients

½ cup wheat berries (whole, organic)

Mineral water

32 oz mason jar

Clean cotton cloth or cheesecloth

Rubber band

Instructions:

1. Place the wheat berries into the mason jar.
2. Rinse well with mineral water, removing any floating grains.
3. Fill the jar with fresh mineral water.
4. Cover with cheesecloth or cotton cloth and secure with a rubber band. Let soak overnight at room temperature.
5. The next day, drain the water completely. Cover again with the cloth and allow the grains to sprout in a dark, room-temperature space (70–75°F / 21–24°C) for 2 days.
6. After sprouting, refill the jar with fresh water (almost to the top), cover, and let ferment at room temperature for 2–3 more days.
7. Strain the liquid into a clean glass container—this is your Rejuvelac.
8. Refill the same sprouted grains with water and repeat the fermentation process (step 6) up to 2–3 more times.
9. Store the Rejuvelac in the refrigerator for up to 14 days.

Yours to Artful Eating,

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Health Benefits of This Recipe:

Rejuvelac is more than just a probiotic drink—it's a living tonic that nourishes your body from the inside out.

- **Boosts Gut Health:** Packed with natural probiotics, it helps balance your microbiome and supports smoother digestion.
- **Enhances Nutrient Absorption:** The enzymes in Rejuvelac help your body break down food more efficiently, so you get more from every bite.
- **Strengthens Immunity:** A healthy gut means a stronger immune system—and Rejuvelac helps build your defense from within.
- **Promotes Gentle Detoxification:** With its cleansing and hydrating properties, it supports your liver and lymphatic system in eliminating toxins naturally.
- **Increases Energy & Vitality:** Thanks to its B vitamins and living enzymes, this tonic can help fight fatigue and revitalize your cells.

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