

Fruit Kvass

Ingredients

- 1 cup strawberries (hulled and quartered)
- 1 cup raspberries
- 1/2 cup blueberries
- 4 cups water
- 1/2 teaspoon fine sea salt
- 2 tablespoons infused honey (or a ratio)

Instructions

- Dump the berries into a quart-sized jar.
- Whisk the water, salt and honey together in a medium-sized pitcher and then pour over the berries, allowing 1-inch of headspace and discarding any remaining brine. Seal the jar tightly and shake.
- Allow the fruit kvass to ferment at room temperature for about 3 days, shaking it daily and burping the jar twice a day. The kvass is ready when it lets out a hiss of air when you burp the jar.
- Strain the kvass through a fine-mesh sieve, discarding the fruit. Transfer to a clean bottle and serve right away or store in the fridge for up to a week.

Notes

You could also add a swirl of infused honey when serving too in addition or in lieu of the honey in the liquid.

You can add herbs like mint or chamomile during the fermentation process.

Try using stone fruit like chopped peaches, nectarines, plums or cherries as an alternative.

