

## Rejuvelac

Rejuvelac is a delicious enzyme packed drink made from soaked grains, it contains vitamin b complex, k, e, lactic acid, water, and soluble minerals, it aids digestion and acts as a protection against bacteria in the intestinal tract, spring and distilled water is best to use for soaking.

### **DIRECTIONS:**

Find a warm place to ferment.

The best temperature is between 60-80f. Always rinse seeds first and use the best quality organically grown seeds.

Use one cup of grain to 2 cups of water. Wheat is most commonly used but you can try triticale, millet, oats, brown rice, barley or buckwheat.

Soak seeds for 24 hours covered.

Drain and refrigerate soaked water (rejuvelac) for drinking and for use in any food preparation that calls for water. Add the same amount of water as before and repeat the process.

Rejuvelac will help to alleviate constipation and gas in the intestinal tract, it is also helpful to use this when on antibiotics to avoid constipation!

Stay focused and always have a plan B!

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