

Carrot Beet Root fermented drink

Ingredients for 5-6 small glasses

- * Two medium hard-boiled Beets
- * Two medium Carrots
- * Lemon Juice – squeezed from 1-2 lemons
- * One teaspoon Mustard seeds * Two-inch by a Two-inch piece of Ginger
- * Half teaspoon Cumin seeds
- * One small Green Chili
- * Rock salt to taste

Instructions: 1. Cut beets, carrots, ginger, and green chili in small pieces. 2. Pound mustard and cumin seeds into powder form. 3. Add beets, carrots, ginger, green chili, mustard and cumin seeds into a blender. 4. Add salt, lemon juices, and 5-6 glasses of water to blender. 5. Blend all ingredients until it becomes a smooth mixture. 6. Keep in a container for 1-2 days for fermentation at room temperature. 7. Strain the mixture and store the clear liquid in a jug. 8. Store in refrigerator and pour to drink. (stores up to a week)