

QUINOA REJUVELAC

- 1 C quinoa
 - 1 gallon filtered water
 - 1 gallon glass jar with “breathable” covering
 - 1 reusable mesh bag
1. Place quinoa into mesh bag. Rinse thoroughly until water is clear (water may look soapy at first).
 2. Soak quinoa in filtered water 30-60 minutes. Discard soak water and rinse bag of soaked quinoa thoroughly.
 3. Place bag of soaked quinoa in jar and fill with filtered water. Ensure all soaked quinoa is completely submerged to prevent mold growth.
 4. Cover with a dish towel or other “breathable” covering.
 5. Ferment at room temperature for 48 hours. Stir twice daily. Ensure quinoa stays completely submerged.
 6. After 48 hours, remove bag from jar, seal jar with lid and store in refrigerator.