

Sweet Potato Fly

This mild-flavored, fermented beverage offers the health benefits of the superfood, sweet potato. Research into sweet potato phytochemicals has shown that they are high in antioxidants, can prevent liver damage, and convey heart protective properties and anti-diabetic effects.

INGREDIENTS

- 2 large sweet potatoes
- 1 gallon water
- 2 cups sugar
- 1/2 cup whey or kombucha or water kefir (starter culture)
- 2 lemons, zested and juiced
- 2 tsp. cinnamon
- 1 tsp. nutmeg
- 1/2 tsp. ginger

DIRECTIONS

Grate the sweet potatoes. Add other ingredients, stir and cover. Allow to ferment for three to five days. Strain through a sieve and bottle the fermented liquid. Enjoy a 2-ounce "shot" daily. Store in the refrigerator up to one month.