

TYMEK'S



BEET JUICE

Kvass



- made of Ontario beets
- naturally fermented
- no vinegar added
- no preservatives
- kvass helps widen your blood vessels and circulate more oxygen-rich blood to your heart muscle
- the only producer of fermented beet juice in Canada

"NATURALLY THE BEST"

We all know the value of good-tasting, nutritious food. At TymeK's we use only locally grown vegetables and run our production according to traditional recipes. We do not add any preservatives or artificial ingredients and there is no pasteurization involved, as a result, all our products provide a rich source of probiotic and Vitamin C goodness. TymeK's Natural Foods has been supporting Ontario farmers for 25 years. Our unique and authentic products are available to you right here in the GTA or through one of our many clients across Ontario. Our products have been recognized and awarded multiple times by the National Post in best product and best quality category.

BEET JUICE

Nutrition Facts

Valeur nutritive

Serving Size/Portion Serving 100mL

Amount Teneur	% Daily Value % valeur quotidienne
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Calories / Calories 10	
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Fat / Lipides 0 g	0 %
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Saturated / saturés 0 g + Trans / trans 0 g	0 %
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Cholesterol / Cholestérol 0 mg	
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Sodium / Sodium 20 mg	1 %
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Carbohydrate / Glucides 3 g	1 %
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Fibre / Fibres 0 g	0 %
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Sugars / Sucres 2 g	
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Protein / Protéines 0.4 g	
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Vitamin A / Vitamine A	0 %
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Vitamin C / Vitamine C	0 %
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Calcium / Calcium	0 %
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Iron / Fer	2 %
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BEET JUICE-KVASS

Ingredients: naturally fermented red beets, water, garlic extract

TRADITIONAL RED BORSCHT

INGREDIENTS

- 6 cups chicken stock, beef stock, or vegetable stock for vegetarians
- 3 medium beets, washed well
- Tymek's beet juice/KVASS
- 3 large potatoes, peeled and chopped into cubes
- 3 medium carrots, thinly sliced or shredded
- 1 small red onion, finely chopped
- 3 cloves garlic, minced
- 1/2 head cabbage, cored and shredded
- salt and pepper to taste
- 1 tablespoon fresh dill, chopped
- sour cream for topping (optional)
- 1 cup lima beans cooked or from a can
- Sliced sausage (optional)

PREPARATION

- Place beets in a large pot and fill with just enough water to cover them. Cover pot and boil until tender, about 45 minutes. Remove beets from pot to a plate or cutting board and set aside to cool.
- Add broth, carrots, and potatoes to beet water and boil covered for about 15 minutes, and then add onions, garlic, and cabbage.
- Peel and slice the cooked beets and add to pot. Cook until the beets lose their color, about 30 minutes. Add lima beans and sausage if desired, dill, salt, and pepper then reduce to simmer for 10 minutes.
- Serve hot topped with sour cream.

ADDITIONAL SUGGESTIONS

- Have a 1/3 of a glass to bust your circulation, immune and red blood cells a day
- Add to salads instead of vinegar
- Add to your favorite smoothie for beneficial bacteria

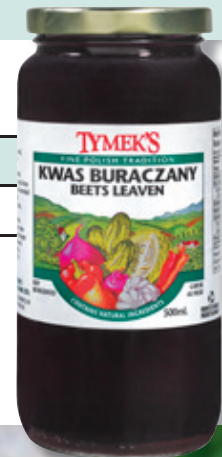
STORAGE INSTRUCTIONS

Keep refrigerated

Consume within a month after opening

PACKAGING OPTIONS

500ML X 12 CASE



TYMEK'S

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