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## Fermented Beverages for Healthy Guts: 50 Easy Fermentation Recipes - Kombucha and Jun Teas - Juices - Kefir - Lacto-Fermented Lemonades - Yogurts - Smoothies - Sodas (Paperback)

By Louise Davidson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Welcome to the wonderful world of fermented drinks! If you re looking for a fun and delicious way to improve your health, you ve come to the right place! In this book, you will find In these pages, you will discover: What home fermentation works and how to brew different types of fermented beverages at home. The health benefits of fermented beverages. How to get started making your own delicious fermented drinks with a step by step approach. More than 50 recipes for creating ten different types of fermented beverages including: Fermentation Vegetable Juices, Kombucha Teas, Jun Teas, Water Kefir and Milk Kefir recipes, Lacto-Fermented Lemonades, Yougurt and Smoothie recipes, Fermented Sodas The sections in this book are organized by type of beverage. Each section begins with how-to instructions on brewing the drink and then provides recipes for flavoring the beverage to ensure a tasty experience. Fermentation can be frustrating. It can be time-consuming, confusing, but more than anything, it is absolutely magnificent once you get the hang of it! Not only is the process of fermenting drinks (and...



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