



Raw Vegan Cuisine Fermented Foods: Gourmet Cultured Living Raw Food Recipes.

By Kevin Kerr

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 46 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Want to learn how to make your own fermented foods and gourmet raw vegan cuisine Raw and fermented foods are so beneficial for your body because they are predigested and contain enzymes! They replenish the good bacteria in your body and feed the already existing colony which has been shown to be essential for good health. This recipe book contains recipes for sauerkraut, kombucha, kimchi, coconut yogurt, pasta with tomato sauce, pizza, burgers, alfredo pasta, pies, cookies, cakes and so many more! Not only are they nourishing for your body, but they are so delicious! This item ships from La Vergne, TN. Paperback.

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