



Living Tea: Healthy Recipes for Naturally Probiotic Kombucha (Hardback)

By Louise Avery

Ryland, Peters Small Ltd, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Kombucha is a fermented drink (made using tea, sugar, a simple bacteria and yeast) that is known for its health-giving properties. It is experiencing a resurgence in popularity, along with the trends for home-fermenting, preserving and enjoying `living foods. Louise Avery began brewing kombucha in 2010 as part of a self-sufficient and healthy lifestyle, living on a Scottish Island in the Hebrides, simply because she loved its unique and moreish taste. Now she is one of London s best-connected kombucha producers and the owner of Lois and the Living Teas. Here she reveals her tried-and-tested recipes that use the freshest produce to create truly delicious cold teas. Starting with an introduction to kombucha, Louise offers information on the types of tea you can use to flavour your kombucha, the health benefits of drinking it, the essential equipment you will need to brew your own and the dos and don ts when it comes to selecting other ingredients. Following this, she presents a step-by-step basic process for brewing kombucha, bottling and storing and controlling the yeast. Recipes are then organized by type of base: Fruit,...



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