

Fermenting vol. 2: Fermented Beverages



Fermented beverages are a delicious and easy way to add probiotic bacteria to your diet. If you're eating a diet high in store-bought or processed foods, you're likely lacking the healthy bacteria needed by your body to properly digest and absorb nutrients from the food you eat. *fermenting vol. 2* covers how to create delicious fermented beverages packed full of these probiotic cultures. The following topics are covered in this handy guide: What fermented beverages are and why they're so good for you. What happens during the fermentation process. Common types of fermented drinks. Starter cultures and how to use them to your advantage. Why probiotic beverages are best consumed in small amounts. Beneficial bacteria: All bacteria aren't bad. This book includes detailed recipes for making and flavoring the following cultured drinks: Milk kefir. Water kefir. Kombucha tea. Fermented soda. Amazake: The fermented rice drink. Boza: The (possibly) breast-enhancing beverage. Acidophilus milk. Traditional buttermilk and cultured buttermilk. Filmjolk. Matsoni. Piima. Kvass. Buy this book today and learn how to add probiotic beverages to your diet.

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