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With clear step-by-step directions, beautiful photographs, and more than seventy-five recipes, this is the ultimate guide to homemade probiotic drinks. You'll find numerous recipes for: Kombucha Jun Kefir Lacto-fermented lemonade Ginger beer Cultured vegetable juices And more! In addition, you'll find recipes for making yogurt, smoothies, and kefir ice cream.

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Delicious Probiotic Drinks: 75 Recipes for Kombucha, Kefir ...

I'll give you all the giveaway deets, but first, a spiel about the book. Delicious Probiotic Drinks includes 75 recipes for naturally-fermented probiotic beverages, including kombucha, ginger beer, kefir (and yogurt!), lactofermented lemonade, and more! This book is great for those who have never brewed a probiotic drink in their life, as well as seasoned brewers.

Delicious Probiotic Drinks is Here!! (+ GIVEAWAY!!!) - The ...

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