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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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Start your review of **Delicious Probiotic Drinks: 75 Recipes for Kombucha, Kefir, Ginger Beer, and Other Naturally Fermented Drinks**. Write a review. Oct 06, 2016 Camilla rated it really liked it. The benefits of probiotics are no secret and is something we wholeheartedly already embrace. We lacto-ferment our own veggies.

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Delicious Probiotic Drinks: 75 Recipes for Kombucha, Kefir, Added in Books. \$9.31. Product Information. The health benefits of probiotics are no secret doctors from both the Western and Eastern medicine camps sing the praises of probiotics for their positive effects on digestion, metabolism, and the immune system. Enthusiasts of kombucha a ...

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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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