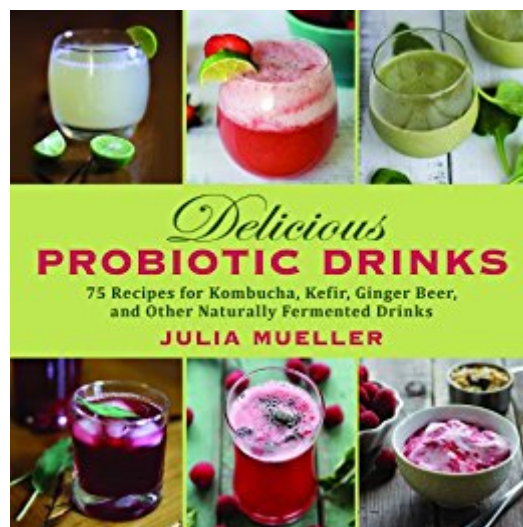




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Delicious Probiotic Drinks: 75 Recipes For Kombucha, Kefir, Ginger Beer, And Other Naturally Fermented Drinks



Synopsis

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 bubbly probiotic drink now sold regularly in stores from Manhattan delis to Seattle food co-ops; point to its high levels of B vitamins and amino acids, improving mood, energy levels, joint function, ligament health, and skin health. Now you can learn to make kombucha, as well as numerous other probiotic drinks, at home! 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. Fermenting drinks may seem daunting, but Julia Mueller shows how it can be fun, much more cost-effective than buying ready-made drinks from the store, and delicious! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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Customer Reviews

I used to make Kombucha, and it tasted like vinegar. I didn't know about secondary fermentation and bottling it. I'm not sure if I'm up to the commitment of Kombucha again, but I have been really enjoying the lacto-fermented lemonade I've been making from this book. And her recipes for flavorings sound really good. I've gotten a sage plant, and as soon as it has 10 big leaves on it, you can bet I'll be trying the sage-flavored lemonade. There's lots of good info, explanations, and recipes in this book, clearly laid out. Recommend to anyone interested in any of these fermented drinks.

Book is helpful. I bought it for Kombucha help. The first part of the Kombucha chapter is an overview explaining the process in an easy to read way. However trying to follow the recipes without reading that first over view will be nearly impossible. Example, Blackberry Sage Kombucha on page 56. Steo 3 has you creating a mixture in a saucepan, then says leave bottles in a warm dark place. What bottles? The Kombucha? The mixture? is it already bottled for secondary fermentation? This is written in a way that will ruin batches for people. You can't pick it up and do a recipe without referring to this overview at the start. And even if you do read the overview there are recipes like this that just ignored common sense and reader flow. The blackberry Sage kombucha recipe on page 56 as written is incomplete and should not be in the book or given more clear steps. This is after less than an hour of reading through the book. I've not dived into the other fermented drinks in the book. Who knows how many are like this? I'd suggest getting this book if you just want an overview like myself. Page 37 to the first recipe for basic Kombucha are great as a crash course. However the following recipes are convoluted and unclear. You'll be forced to "wing it" half way through when you realize there is a clearly missing step.

I got this for the Kefir recipes and so far tried the orange ginger and cherry lime. Delicious and easy to understand instructions with great commentary explaining the way the cultures work for each type

of drink, so you don't just follow instructions, but understand why they work the way they do. That will make it easy to build my own recipes using these as foundations.

If you are new to fermenting and want to be inspired, this beautiful book should give you the courage to try it. Each enticing drink recipe has a stunning full page photo. The book is chaptered into each type of fermented drink. This allows you explore one step at a time. You start with the basic recipe for each type of drink and then flavor the starter with a wide range of creative ingredients ending with tempting elixir. I'm glad I found this book first to encourage me to explore the whole new world of fermenting for health. And in case you haven't heard about this title yet and you want more info on the healthy aspects of fermented foods, you will probably enjoy Dr Perlmutter's, Brain Maker. That book sent me looking for ways to increase my probiotic intake which is how I found this book.

Some great recipe ideas. We particularly like the strawberry basil and strawberry mint Kombucha. We now second ferment with whatever we have. Watermelon, frozen fruit, peaches, mojito (lime and mint), Thai chilies, etc...We did try the ginger bug, and some of my family liked it, but I did not. Now we have over 3 gallons of continuous brew Kombucha going all the time with a 3-4 day second ferment. Watch the strawberry and watermelon, they need to be burped multiple times a day ;)

This book has so many refreshing drink recipes! The photographs that go along with the recipes are incredible, and they excite you to try each drink! Instructions are well written and easy to follow, and I've learned a lot. Great book for beginners!

Excellent Book. A friend had a copy and I got tired of copying the pages, so I bought my own copy. Love the recipes, and they taste wonderful! Easy to follow instructions. I calculated the cost of making the Kombucha: I can make a gallon of ginger-lemon for \$3.50-- much cheaper than buying a 16oz bottle for \$3.69. Goodness!! I can't wait until my SCOBY is thick enough to split so I can have two batches going at same time. My husband and my friends love it!

I thought this book would explain which probiotics were in each drink. This is important since you may need one probiotic over the other. Example: Maybe you can't sleep but have no digestion issues. Those two examples require completely different probiotics for each one,

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