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## Fermenting Vol. 3: Milk Kefir

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By Rashelle Johnson

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You can add probiotic bacteria to your diet by making and drinking milk kefir. Milk kefir is a powerful probiotic beverage packed full of beneficial bacteria. It s made by adding kefir grains to milk (or many other non-dairy liquids) and letting it ferment for 24 to 48 hours at room temperature. The end result is a tasty beverage the consistency of thin yogurt that can be consumed on its own or mixed with a number of other ingredients to make delicious probiotic foods and beverages. This helpful guide covers the following items: What Milk Kefir is and how it s made.The history of milk kefir.Milk kefir grains and why they re important.How to care for and store milk kefir grains.The fermentation process.Yogurt vs. kefir.The health benefits of milk kefir.What types of milk work best to make kefir.Kefir culturing vessels.Milk kefir as a sourdough starter. The following milk kefir recipes are included in the book: Traditional milk kefir.Vanilla milk kefir.Sweet maple kefir.Citrus kefir.Cocoa spice kefir.Rise and shine kefir.Kefir protein power shake.Kefir raspberry flaxseed fiber booster.Sweet lavender milk kefir.Sweet...



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*A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.*

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