

Fermenting Vol. 3: Milk Kefir



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FERMENTING VOL. 3: MILK KEFIR

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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 raspberry milk kefir.Strawberry banana kefir smoothie.Strawberry lime kefir smoothie.Watermelon slush kefir smoothie.Pina colada kefir.Pumpkin pie kefir.Kefir egg nog.Chai-infused kefir.Kefir chocolate pudding.Kefir peanut banana pudding.Kefir cottage cheese.Kefir banana peach breakfast.Kefir and granola.Fizzy kefir.Kefir creamy fruit juice soda.Kefir Italian Soda.Cinnamon milk kefir.Cocoa cherry fizzy kefir.Strawberry milkshake kefir.Orange creamsicle kefir.Kefir cultured cream.Kefir cultured butter.Kefir cultured ice cream.Cultured cream cheese.Cultured ranch dressing.Kefir fruit dip.Kefir guacamole.Kefir cream frosting (vanilla and chocolate).Coconut milk kefir.Coconut meat kefir spread.Almond milk kefir.Rice milk kefir.Fizzy grape kefir.Soy milk kefir.Kefir sauerkraut. A helpful FAQ that answers many of common questions people have about milk kefir is included at the end of...

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