



Delicious Probiotic Drinks: 75 Recipes for Kombucha, Kefir, Ginger Beer, and Other Naturally Fermented Drinks

Julia Mueller

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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

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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!

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