



## Fermenting Vol. 4: Water Kefir (Paperback)

By Rashelle Johnson

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Water kefir is a delicious fermented beverage that s packed full of probiotic cultures. Water kefir is a fermented drink that s easy to prepare and is a delicious way to add beneficial bacteria to your diet. The basic water kefir recipe takes water kefir grains and places them in sugar water. The container is covered and left to ferment overnight. This basic recipe can be used to make a wide variety of flavored kefir-based beverages, all of which contain probiotic cultures. The following recipes are included in this handy guide: Simple water kefir.Kefir lemonade.Simple strawberry kefir.Cherry-lime water kefir.Cran-apple kefir.Cultured tropical punch.Watermelon mint kefir.Cantaloupe peach kefir.Cultured rose hip tea.Coconut water kefir.Blueberry hibiscus kefir.Kefir cream soda.Orange cream soda.Fizzy raspberry herbal iced tea.Orange pineapple fizz.Concord grape fizz.Root beer kefir.Ginger beer kefir.and more . . . In addition to the recipes, the following topics are covered: What water kefir is and why it s good for you.A brief history of water kefir.Water kefir grains and the bacteria strains known to exist in them.Water kefir vs. milk kefir.Fermenting containers.The difference between anaerobic and...

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