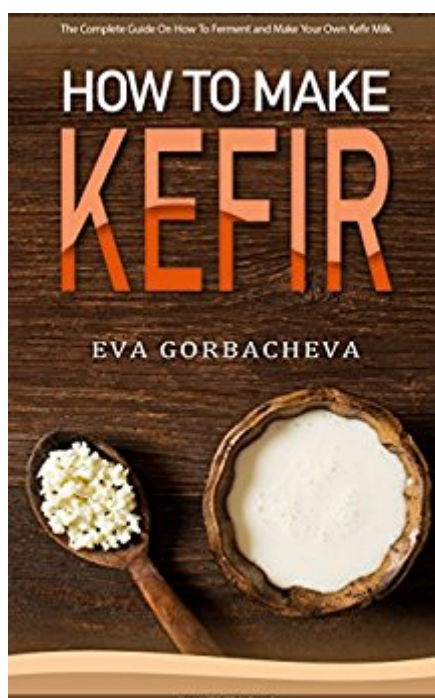


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# How To Make Kefir: The Complete Guide On How To Ferment And Make Your Own Kefir Milk: Enjoy This Probiotic Drink With Dairy-Free And Alternative Milk Options And Kefir Recipes



## Synopsis

EASY, STEP-BY-STEP Methods To Making Kefir Milk At Home From the author of How To Make Kombucha, get Mrs. Gorbacheva's new release for only \$0.99 for a limited time! KEFIR is a fermented beverage (yogurt) that is made with Kefir grains containing naturally occurring yeast culture. This tastier alternative to plain milk is full of probiotics that provide various health and wellness support, and can be made from the milk of cows, sheep or goats, or with coconut, almonds, rice or soy. There is also a water-based, dairy-free option for the lactose intolerant. Now you can make this tasty and healthy drink at your own home exactly how factories make it. You also get BONUS recipes - Unique baked goods, salads and smoothies made with Kefir! Here Is A Preview Of What You'll Learn When You Download How To Make Kefir History of Kefir Information on Health Benefits Proper Procedures of Fermenting Kefir Grains Fundamentals of Making Kefir Essential Ingredients Dairy-Free Option: How To Make Water Kefir Milk Alternatives: How To Make Kefir With Soy Milk, Almond Milk, Rice Milk or Coconut Milk How to ensure the highest quality result 8+ Recipes Using Kefir And much, much more! Download Your Copy Today To order How To Make Kefir, scroll up and click the BUY button on the top right of this page, and DOWNLOAD your copy now! Tags: kefir, how to make kefir, how to make, probiotic drinks, probiotics, fermentation, fermented drinks, yogurt, almond milk, soy milk, water kefir, rice milk, coconut milk, recipes, kefir recipes, Cookbooks; Food & Wine, cookbook, beverages, drinks, eva gorbacheva

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## **Customer Reviews**

Absolutely great resource on how to make kefir. Kefir popped up at my local farmers market from the same woman who I buy my kombucha scoby's from and wanted to start making it myself to save money and even she said it would be easy. This book has everything you need to get started and multiple recipes you can use to improve your health.

This is the best extensive and detailed guide on how to make Kefir , a natural pro biotic which helps strengthen the immune system, keep a healthy brain function, fight against cancer and aging, promote weight loss and much more. I loved all the essential information provided and consider this book a must! The author also provides the recipes to making different kinds of kefir easily at home. Recommended without a doubt.

We noticed some discrepancies between what is published in this book and instructions we got with a kefir seed culture. A more thorough or technical treatment might have cleared up the questions that resulted. It is as good as far as it goes, but not the last word.

Recently started eating kefir and was looking for some meals I could have with it. Personally, I like the blueberry kefir smoothie. I'm looking forward to trying out some of the other recipes in this book.

Kefir has gained in popularity lately, due to interest in eating more responsibly and locally, as well as more economically, combined with a greater awareness of the health benefits of probiotics from cultures and whole foods. I would like to try this soon as possible.

Good read, I learned a lot. Not a ton of info on making just plain kefir but lots of info on how to make kefir from other sources besides milk.

I was wanting to learn learn about kefir, How To Make Kefir delivered. I found it informative. For me the read was OK.

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