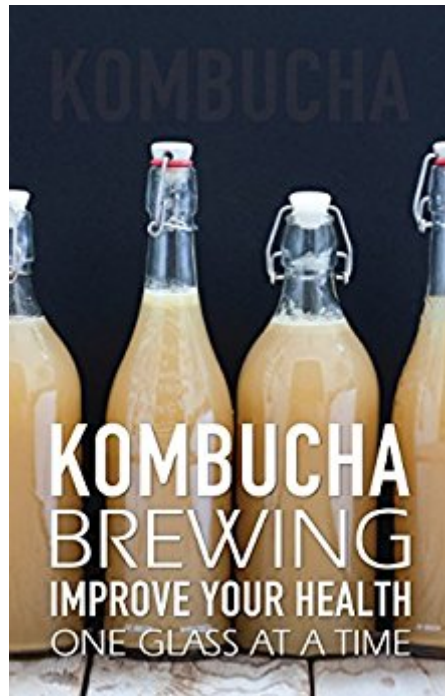


The book was found

Kombucha Brewing: Improve Your Health One Glass At A Time (Easy Recipes. Wheat Free. Gluten Free)



Synopsis

For 5000 years, generations in East Asia have enjoyed the refreshing taste of Kombucha, a fermented drink that has become popular in modern times thanks to its multiple health benefits. In *Kombucha: Improve Your Health, One Glass At A Time*, you will find easy recipes with step by step guides to making your own Kombucha brewed drinks. Contents include: • Discover the best recipes, traditional and modern • Maximize the probiotic benefits with brewing tips • Easy instructions for beginners Order your copy today and discover a drink that improves your gut health and improves your digestion!

Book Information

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Customer Reviews

Don't recommend at all. Instructions are vague. Finally found something a little more informative and a lot more expensive, but I didn't feel comfortable making something from what I was reading in this book. Try the Art of Fermentation.

I heard a lot about kombucha and they said it is good. I want to know how to brew a kombucha so that I can make my own and I will experiment it. I tried searching until I saw this book. This book

discussed to me kombucha very well. This book taught me this traditional method of kombucha. I learned how to brew kombucha with step-by-step guide for us beginners. I understand know what the health benefits of kombucha are. I am glad that there are lots of kombucha recipes in this book and I want to experiment to make my own kombucha.

This was a pretty sparse introduction to brewing, adequate if the person takes the time to read through the more complete information available at Kombucha Kamp, Cultures for Health and other such sites.

I bought this book because I am very curious about kombucha. This book will be a perfect guide for me on how I can make the best kombucha brewing recipes. Those steps can be easily followed. This book will explain to us on what kombucha is all about and its health benefits. Kombucha is a traditional Chinese form of fermented tea. This book will give us tips on how we can maximize the probiotic benefits of kombucha. Those instructions are clear and can be easily understood. I highly recommend this book for everyone. Keep up the good work!

I found this e-book very helpful with a nice history of Kombucha, and many different types of flavours that can be added with fruits and herbs.

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