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Fermenting vol. 3: Milk Kefir

By Rashelle Johnson



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Fermenting vol. 3: Milk Kefir By Rashelle Johnson

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 the book.

Here are just some of the topics covered in the FAQ:

- How fast should kefir grains grow?
- Do kefir grains need to be washed between batches?
- How long can kefir be stored in the fridge?
- I forgot to move my grains to new milk. Can they still be used?
- What should I do if there's mold at the top of the container?
- What is the orange or yellow crust on my grains?
- How much alcohol does kefir contain?
- Why did the taste and/or texture of my kefir change?
- Why did my kefir separate?

Milk kefir is a great way for most people to add beneficial strains of bacteria to their diet.

Purchase this book and learn how to make milk kefir today.

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Editorial Review

Users Review

From reader reviews:

Karole Standley:

Spent a free time and energy to be fun activity to complete! A lot of people spent their sparetime with their family, or their own friends. Usually they undertaking activity like watching television, going to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Can be reading a book could be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to test look for book, may be the reserve untitled Fermenting vol. 3: Milk Kefir can be great book to read. May be it is usually best activity to you.

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