



Fermented Vegetables: How to Make Your Own Sauerkraut, Kimchi, Fermented Pickles and Salsa (Paperback)

By Jennifer H Smith

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ******. Fermentation for Beginners We all know how delicious and aromatic fermented foods are. Fermentation saves the natural taste, aromas, and color of veggies while preserving their nutrients. The boost it gives to the good bacteria present in the veggies can give you healthier-looking skin, clear-up leaky gut, and help with weight loss. One of the most important ingredients in fermented vegetables are probiotics. These probiotics plant beneficial bacteria into the digestive system and keep everything internally balanced. This book will make it easy for you to make and enjoy fermented foods at home. By reading this book you ll learn: - the benefits of eating fermented vegetables; - a step-by-step guide to fermenting vegetables; - how to make sauerkraut, kimchi, fermented pickles and salsa at home; and - delicious recipes made with fermented vegetables. Fermenting your veggies can seem so simple and fun with this guide that you may want to add your own little twist to the recipes. Order Fermented Vegetables now! ---- TAGS: fermented vegetables, fermented vegetables creative recipes, fermented foods for health, fermentation for beginners, sauerkraut recipes, kimchi...



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