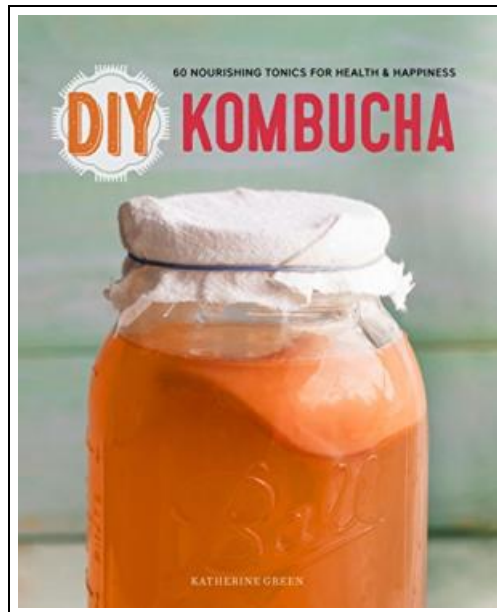


DIY Kombucha: 60 Nourishing Tonics for Health and Happiness (Paperback)



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(Leola Smith)

DIY KOMBUCHA: 60 NOURISHING TONICS FOR HEALTH AND HAPPINESS (PAPERBACK)



Callisto Media Inc., United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. I can assure you of this: nothing tastes better than your homemade batch of kombucha. -From the Foreword by Rana Chang, Owner/Founder, House Kombucha Get your kombucha brew on! Fresh, fragrant, and fizzy, home brewed kombucha tea is not only easy to make, it is simply the best tasting, healthiest kombucha you ve yet to try. DIY Kombucha will take you steep-by-steep (and step-by-step) through the process of creating your own flavorful probiotic powerhouse. Here you ll find: Clear info on how much kombucha to drink a day, the alcohol content in kombucha, why homebrewing isn t dangerous, what to look for in (and where to buy) brewing equipment, and more All the fermented tea recipes you could ever want, including master teas, quick mixes, infusions, juices, smoothies, and even healthy mocktails. Stories and advice from the founders and brewers behind House Kombucha, Health-Ade, Humm Kombucha, Lion Heart Kombucha, and Buddha s Brew Kombucha Balancing instruction with encouragement, DIY Kombucha gives every home brewer the skills and confidence to make delicious home brews for every season, every symptom, and every Sunday brunch. Drinks include Chia Kombucha Refresca * Hibiscus Kombucha Cooler * Lavender-Mint Kombucha * Salted-Grapefruit Kombucha Juice * Carrot-Beet Cleanse Kombucha * Buch Bloody Mary * Kombucha Kosmo, and more!.



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