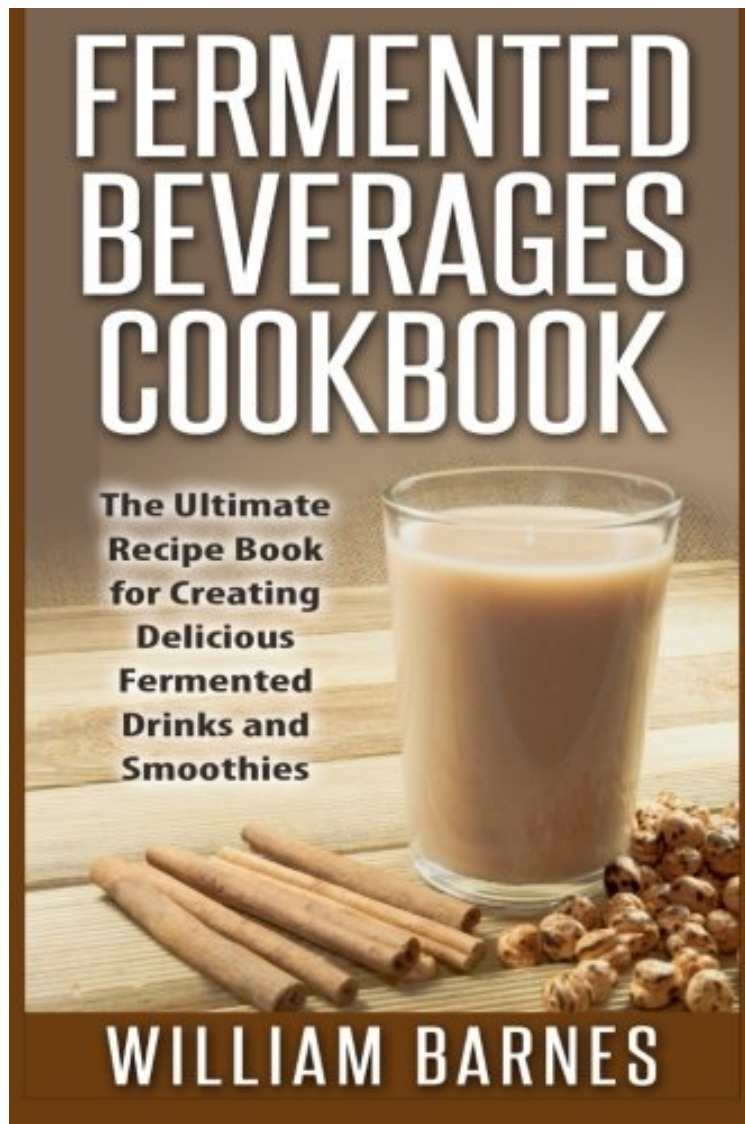


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Fermented Beverages Cookbook: The Ultimate Recipe Book for Creating Delicious Fermented Drinks and Smoothies

William Barnes

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William Barnes : Fermented Beverages Cookbook: The Ultimate Recipe Book for Creating Delicious Fermented Drinks and Smoothies before purchasing it in order to gage whether or not it would be worth my time, and all praised Fermented Beverages Cookbook: The Ultimate Recipe Book for Creating Delicious Fermented Drinks and Smoothies:

1 of 1 people found the following review helpful. Very informative book for beginner fermenting beverages
By Joyce from NJ Informative Kindle Book. I am interested in learning about the health benefits of Jun Tea. There is an aura of secrecy around the Jun Tea which has little available information via the web. What I have learned is: Jun is reported to have come from Tibet where monks nurtured this culture for thousands of years, but kept it a very guarded secret. While Kombucha reportedly comes from either China or Russia (or both), and has also been brewed for thousands of years. Both cultures are supposed to have health benefits, but Jun is not supposed to be put in black tea with sugar as it may damage or kill the Jun culture. Raw honey has some antibacterial properties and the culture is a combination of good bacteria and yeasts. This book does not contain information the above information, but does contain much information useful for beginners on the healthful benefits of Fermented Beverages. I highly recommend this book and happy brewing!

0 of 0 people found the following review helpful. Worthless, incomplete, unedited, sad!
By Customer This is the saddest excuse for a book I've ever seen. On page 15 For Indian lemonade, it says to add everything to a 1/2 gallon hard and stir until sugar is dissolved, yet sugar is NOT in the list of ingredients. Page 17 "Herbal Iced Tea" has a list of ingredients with no reference to an amount of any ingredient. The errors are too numerous to list here. Several recipes call for Kefir or whey with no explanation on how to make either of them. Since it's supposed to be a book on fermentation, it makes sense since one would think there would be training on how to make kefir, whey, and the like. I'm going to request a refund.

1 of 1 people found the following review helpful. I am very happy with what I found in this book lots of ...
By Travis Myers Very interesting book, I am very happy with what I found in this book lots of great healthy recipes.

Smoothies and Drinks with a Twist Try an alternative to your smoothie or juice by adding fruits, vegetables, nuts, or other ingredients. Are you looking for a drink that will give you increased energy to get through the day? Do you want to enhance your herbal iced tea or lemonade? Add Kefir to your drinks and smoothies using one of these recipes. Find a recipe to create a fermented soda or yogurt. Remember to plan ahead because the process takes several hours or days.