

75 Recipes For Kombucha, Kefir, Ginger Beer, and Other Naturally Fermented Drinks

Fermented drinks have gained immense popularity in recent years due to their numerous health benefits and delicious flavors. Among the most popular options are kombucha, kefir, and ginger beer, each offering its unique taste and nutritional value. In this article, we will explore 75 diverse recipes that allow you to indulge in the delightful world of naturally fermented drinks.

1. Classic Kombucha

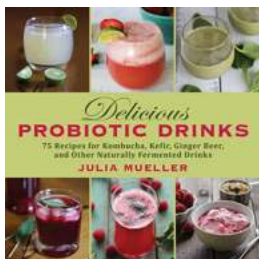
Description: This recipe will guide you through the process of making the traditional and ever-popular kombucha. With its tangy flavor and effervescence, kombucha is often referred to as the "elixir of life."



Delicious **PROBIOTIC DRINKS**

75 Recipes for Kombucha, Kefir, Ginger Beer,
and Other Naturally Fermented Drinks

JULIA MUELLER



Delicious Probiotic Drinks: 75 Recipes for Kombucha, Kefir, Ginger Beer, and Other Naturally Fermented Drinks by Julia Mueller (Kindle Edition)

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2. Fruity Kombucha Medley

Description: Ready to explore kombucha with a fruity twist? This recipe provides various combinations of fruit flavors to infuse your brew, creating a refreshing explosion of taste on your palate.



3. Exotic Kefir Variations

Description: Kefir, a fermented milk drink loaded with probiotics, offers a creamy and tangy experience. This section introduces multiple exotic variations of kefir, including tropical fruits, spices, and even chocolate.



4. Refreshing Ginger Beer

Description: Ginger beer is a zesty and invigorating beverage ideal for hot summer days. This recipe details how to create your own homemade ginger beer, allowing you to adjust the intensity of ginger to suit your taste buds.











5. Spiced Fermented Drinks

Description: Looking for an extra kick in your fermented drinks? This section presents a variety of recipes that incorporate spices like cinnamon, cloves, and nutmeg, adding a warm and aromatic twist to your beverage assortment.



6. Non-Dairy Fermented Alternatives

Description: Want to enjoy the benefits of fermentation without dairy products? This recipe collection explores non-dairy alternatives like coconut milk kefir, almond milk kombucha, and soy yogurt, providing options for those with dietary preferences or allergies.

DELICIOUS NON-DAIRY MILK ALTERNATIVES			
SOYA MILK	RICE MILK	HEMP MILK	OAT MILK
 <p>Rich and creamy. Great all rounder, ideal for drinking straight, cooking, baking etc. Can curdle in hot drinks. Always choose organic soya milk.</p>	 <p>Has a thin, quite watery consistency. Light and naturally sweet, it's great on cereal and in cooking but a little too watery for hot drinks.</p>	 <p>Creamy, with a stronger robust flavour than other non-dairy milks so not ideal in hot drinks. Good for cooking, especially in savoury dishes.</p>	 <p>Creamy and naturally sweet. Great in cooking but a little heavy for baking. Easy to make at home by simmering oats and water, cooling and straining.</p>
ALMOND MILK	HAZELNUT MILK	COCONUT MILK	CASHEW MILK
 <p>Creamy and slightly nutty. Great in tea and coffee and in cooking and baking. Easy to make at home by soaking nuts overnight, blending with water and straining. Can be sweetened.</p>	 <p>Light with a rich nutty flavour. Great in drinks and light desserts but not really suitable for cooking and baking. Easy to make at home by soaking nuts overnight, blending with water and straining.</p>	 <p>Smooth and fresh and not highly flavoured. Comparable to semi-skimmed dairy milk in consistency. Ideal for all uses, especially good for on cereal and in hot drinks and smoothies.</p>	 <p>Smooth, creamy, slightly nutty and sweet. Great for cooking, desserts and for making cream. Easy to make at home by soaking nuts overnight, blending with water and straining.</p>

7. Unique Fermented Concoctions

Description: In this section, we delve into the realm of unique fermented concoctions that you may have never encountered before. From fermented herbal teas to flower-infused drinks, get ready to explore uncharted territory in your quest for fermentation mastery.

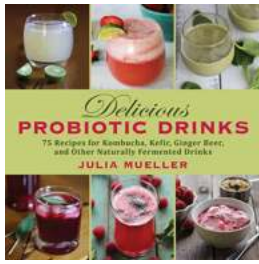


8. Healthy Fermented Mocktails

Description: Looking for a healthy alternative to traditional alcoholic beverages? These fermented mocktail recipes allow you to embrace the festivities while nourishing your body with probiotics and delightful flavors.



Fermented drinks are not only delicious but also provide a multitude of benefits for your gut health. By including them in your daily routine, you can enhance digestion, boost immunity, and promote overall well-being. Now that you have a collection of 75 enticing recipes, embark on your journey of exploring and perfecting the art of naturally fermented drinks.



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The health benefits of probiotics are no secret—doctors from both the Western and Eastern medicine camps sing the praises of probiotics for their positive effects on digestion, metabolism, and the immune system. Enthusiasts of kombucha—a bubbly probiotic drink now sold regularly in stores from Manhattan delis to Seattle food co-ops—point to its high levels of B vitamins and amino acids, improving mood, energy levels, joint function, ligament health, and skin health. Now you can learn to make kombucha, as well as numerous other probiotic drinks, at home!

With clear step-by-step directions, beautiful photographs, and more than seventy-five recipes, this is the ultimate guide to homemade probiotic drinks. You'll find numerous recipes for:

Kombucha

Jun

Kefir

Lacto-fermented lemonade

Ginger beer

Cultured vegetable juices

And more!

In addition, you'll find recipes for making yogurt, smoothies, and kefir ice cream. Fermenting drinks may seem daunting, but Julia Mueller shows how it can be fun, much more cost-effective than buying ready-made drinks from the store, and delicious!

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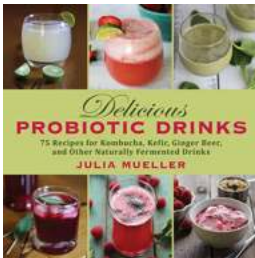
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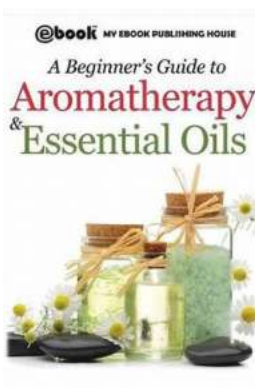
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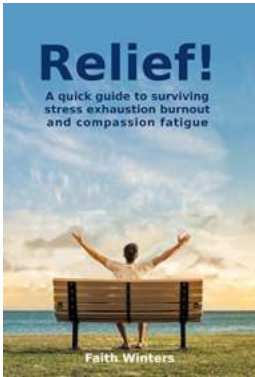
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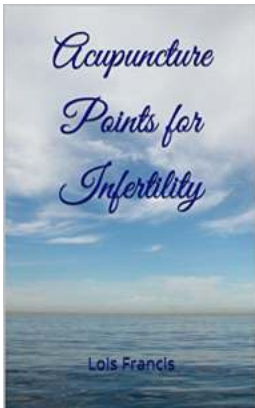
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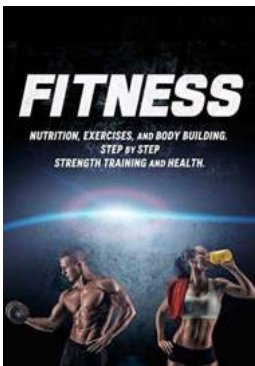
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