



Kombucha: Discover The Amazing Kombucha Revolution - 23 Delicious, Probiotic Fermented Kombucha Tea Recipes (Kombucha Recipes, How to Make Kombucha, Fermented Drinks)

Kaylee Evans

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Kombucha

Discover The Amazing Kombucha Revolution - 23 Delicious, Probiotic Fermented Kombucha Tea Recipes

People these days are taking a much greater interest in health and healthy foods. More and more people are learning what it means to be healthy, and to choose foods that have the greatest health benefits. If you are interested in the healthy eating world, you are sure to run across the fermented drink known as kombucha. Kombucha is a fermented drink that is loaded with health benefits. But, if you want to save some money, you are going to be better off if you make it yourself. Kombucha is loaded with health benefits, but it is going to cost anywhere from three to five dollars per bottle, and if you are drinking it every day, it is going to add up quickly. If you make it yourself, however, you are going to save a lot of time, money, and enjoy a lot more variety in what you drink. When you make it yourself, you can add in fruits, juices, spices, and even vegetables... and I am going to show you how. You don't want to toss in any kind of flavor, as kombucha has a distinct taste as it is and you don't want to do anything that is going to ruin what you already have. But, if you know how to put in the right flavors, you are going have a wide variety of drinks available to you. And this book is going to show you how. I am going to give you the best of the best recipes so you end up with the best kombucha time and time again. It doesn't matter how much experience you've had with kombucha, with this book, nothing is going to stop you from success.

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