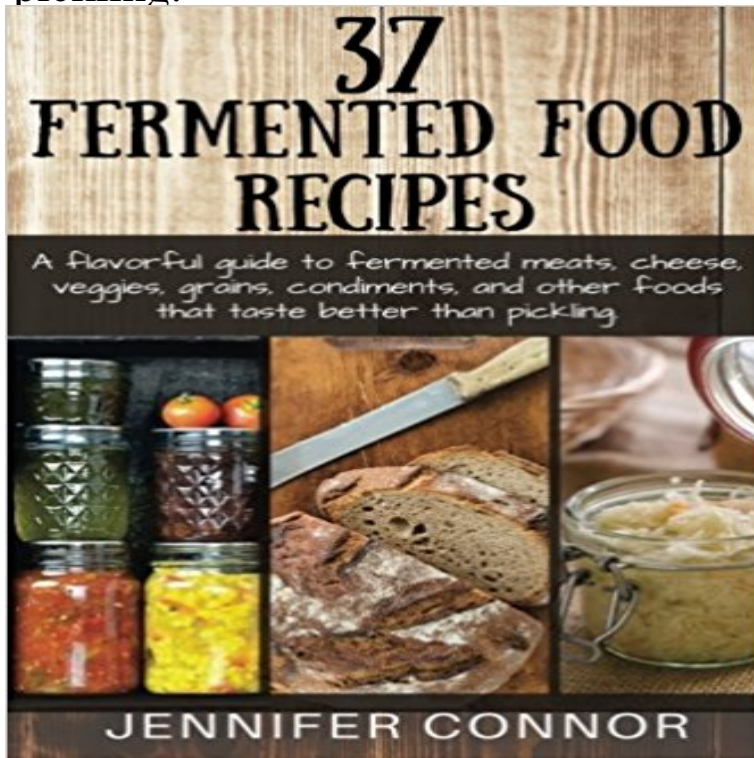


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How to Make 37 Delicious Types of Fermented Foods Fermented Foods are the perfect snack. They are delicious, and jammed packed with nutrients. Not only does the fermentation process preserve all the natural vitamins and minerals in food, but fermentation also creates microbes that are great for you and your health. 37 Fermented Food Recipes has the recipes, tips, and tricks to help you make many kinds of foods. What are the Benefits? And the Recipes? - Recipes ranging from Jalapeno Garlic Sauerkraut to Apple and Kale Kimchi. And Fermented Ginger Carrot Sticks to Pineapple Salsa. - A mix of fermented sauerkraut, kimchi, vegetables, cheese, sourdough, fruit, meats, and dairy recipes. - A detailed explanation on how the fermentation process works. - And more great tips to show those pickles whos boss! If you are looking for a quick way to make great fermented foods, this is for you. You dont need to be an expert But even if you are, its time to make awesome, delicious, fantastic fermented foods. Click on the orange Buy Now button on your screen, and start making the best foods you have ever tasted. Free Gift This book comes with an awesome free gift that includes fermented beverage recipes! You will want to make sure you get your hands on this.

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