



# **Fermentation: 21 Delicious Recipes To Boost Your Immune System And Improve Your Health. Mouth-Watering And Savory With Every Crisp Bite: (Fermented Foods, ... Crock, Katz Fermentation, Fermented Beets))**

*Alexandra Crim*

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# **Fermentation: 21 Delicious Recipes To Boost Your Immune System And Improve Your Health**

## **Mouth-Watering And Savory With Every Crisp Bite**

If you have always wanted to prepare fermented foods, there is no better time than the present. In this book, we have included a number of interesting recipes for fermented foods, each and every recipe being totally worth your time. You will find that the recipes included in this book are easy to make and they do not take too long before they are ready. Plus, the ingredients are 100% healthy, which makes the whole experience even more interesting to try out.

Here is a preview of what you will discover...

- Fermentation basics and health benefits – what is the process of fermentation, basic requirements and tools; how can fermented foods improve your health, boosting your immune system
- Delicious & healthy fermented food recipes – easy to make and savory to the last bite, crisp bite; discover recipes that are made using only healthy ingredients and which are going to help you preserve food for a prolonged period of time

- Bonus chapter, recipes that you can prepare with fermented foods – in this chapter, you will find a couple of recipes that can be made, so as to include fermented foods; these are just as mouth-watering as the original recipes used for the making of the fermented foods

Prepare yourself for one of the best resources that was ever written on the subject and do not hesitate to read it until the very last paragraph, discovering all of the fermented food recipes presented in there.

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**Raymond Striegel:**

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