



**Tips and recipes to make your own kombucha, kefir, jun, ginger beer, honey mead and more**

**How to Craft Fermented Cider, Beer, Wine, Sake, Soda, Mead, Kefir, and Kombucha at Home**

**Simple and Delicious Recipes for Everyone's Favorite Superfood**

**Falafel Forever**

**Delicious Probiotic Drink and Smoothie Recipes for a Balanced Healthy Gut**

Trust your gut--and heal it. Discover how you can eat your way to gastrointestinal relief. The 4-Week Gut Health Plan is your guide to using food to help improve your gut health and ease the symptoms of a variety of gut dysfunctions, including gastritis, small intestinal bacterial overgrowth (SIBO), and gastroesophageal reflux disease (GERD). Restore balance for a happy and healthy gut. Start things off right with a detailed meal plan packed with 28 days worth of gut health boosting foods, shopping lists, and prep tips. Then customize your diet with 75 tasty and simple-to-make recipes--plus a heaping helping of handy food guides when you feel like going off-recipe. The 4-Week Gut Health Plan includes: A complete 4-week plan--Take the guesswork out of gut health with a full meal plan that helps rejuvenate the microorganisms living inside you. Easy recipes, familiar ingredients--Keep things simple with 75 recipes that anyone can make and feature ingredients available at your local grocery store. Foods for better gut health--Learn to manage your own meals using helpful tables that let you know which foods to eat, which to skip, and why. Make sure your gut reaction is relief with the help of The 4-Week Gut Health Plan.

Beat bloat and discomfort with the scientifically proven, easy-to-follow, low-FODMAP plan.

Probiotic drinks have been a part of our lives going back to our most ancient of ancestors that depended upon primitive fermentation techniques for their food. While our bodies and lifestyles have evolved, our need for probiotics has remained constant. In fact, given our lifestyles and food choices, probiotics may be more important to our health than ever. You can gain the benefit of probiotics by introducing more of them into your diet and ensuring that you have a health population of good mirco-organisms in your digestive system. There are quite a few different ways that you can go about doing this, however none are quite as delicious as homemade probiotic drinks. Within this book you will find information about probiotics and how they work, along with some of the tastiest recipes available for homemade probiotics drinks. If you have had a bit of fear of making your own fermented beverages, leave that fear here because with this book you will see just how truly easy it can be to take charge of your health and regain a life that is healthy and vibrant with probiotic drinks.

The ultimate in light fast food, Middle Eastern falafel have become a universally adored comfort dish, which uniquely manage to bridge the gap between healthy and delicious fare. Learn to make best-ever falafel with tips and tricks, and this creative collection of recipes for fried, baked, and full on falafel meals. Falafel are an ancient Middle Eastern food originally made with fava or chickpeas (garbanzo beans), which are crushed and mixed with herbs and spices and molded into patties. They are then traditionally served in pita bread pockets with salad and dips such as hummus, tzatziki, or tahini sauce. The rest of the world have since caught on to the delights of falafel, and chickpea patties have steadily been becoming the darlings of vegans and vegetarians, picnic goers, festival food trucks and supermarket delis since the early 2000s. It's not hard to see why: quick, easy and inexpensive for home-cooks to make, they also fall into that wondrous overlapping category of being crave-worthy and satisfying (up there with fries and other such savory morsels) as well as nutritious and fairly low in fat. What's more, chickpeas are a brilliant source of protein for those who don't eat meat. They are rich in fiber, as well as nutrients manganese and folate. But the health benefits don't stop with chickpeas--modern falafel are often made with added vegetables, nuts and seeds, lentils, or other grains and legumes, as are many in this book. In the Fried section try the Fennel & Lemon Scented Falafel or Juicy Brown Rice Faux-Lafel. In the Baked chapter find Crunchy Sesame Falafel or Falafel Croquettes. The Raw section offers snacks such as tasty Mediterranean Seed Falafel, which are packed with good stuff, and very low fat. For something more substantial try curries, casseroles, burgers, and salads in the Meals chapter. Lastly, whip up Sauces & Dips such as Spicy Avocado or Home-made Tahini Sauce in the to perfectly complement your patties.The savory taste and filling texture of falafel means they are great in a wide range of dishes. Falafel forever is for the falafel-obsessed as well as people who are new to trying this delicious dish in all its various forms.

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

The Healthy Probiotic Diet

Beautiful Plant-Based Recipes to Nurture Your Inner Magical Beast

The Amazing Probiotic Tea that Cleanses, Heals, Energizes, and Detoxifies

Non-Alcoholic Cocktails, Cordials and Clever Concoctions

Reset Your Gut

Living Tea

*Donna Schwenk's world changed when she discovered cultured foods. After a difficult pregnancy and various health problems, she became determined to find answers to what ailed her. And in her quest, she came across the ancient art of home fermentation, a food preparation technique that supercharges everyday foods with beneficial bacteria to balance your digestive system, and vitamins and minerals to enhance your overall health. This simple, natural process has been used for thousands of years to create everything from drinks like kefir and kombucha to foods like kimchi and pickles. After incorporating fermented foods into her life, Donna began to experience a vitality that she had never known. And then she was hooked! She started a new life as a teacher and writer, blogging on her website culturedfoodlife.com, in an effort to bring the beautiful world of fermented foods to as many people as possible. She now works with thousands of people to open the door to a world of foods that can help improve an array of health problems including high blood pressure, diabetes, allergies, acne, hypertension, asthma, and irritable bowel syndrome. In Cultured Food for Life Donna brings this same information to you and shows you that preparing and eating cultured foods is easy, fun, and delicious! After speaking to the science behind the healing power of probiotic foods and telling the astonishing story of how she healed herself and her family, Schwenk walks you, step by step, through the basic preparation techniques for kefir, kombucha, cultured vegetables, and sprouted flour, plus more than 135 recipes that use these foods to create dishes to please any palate. With recipes like Herbed Omelet with Kefir Hollandaise Sauce, Sprouted Ginger Scones with Peaches and Kefir Cream, Kefir Veggie Sprouted Pizza, Apple Sauerkraut, and Brownie Cupcakes with Kefir Frosting, along with inspirational stories from Donna's family and friends, you'll learn everything you want to know about a diet that's as tasty as it is healthy.*

*A beautifully illustrated and authoritative guide to the art and science of fermented foods, featuring 70+ recipes that progress from simple fermented condiments like vinegars and mustards to more advanced techniques for using wild yeast, fermenting meats, and curing fish. Although fermentation has an ancient history, fermented foods are currently experiencing a renaissance: kombucha, kefir, sauerkraut, and other potent fermentables appeal not only for their health benefits, but also because they are fun, adventurous DIY projects for home cooks of every level. Mastering Fermentation is a beautifully illustrated and authoritative guide to the art and science of fermented foods, featuring more than seventy recipes that allow you to progress from simple fermented condiments like vinegars and mustards to more advanced techniques for using wild yeast starters, fermenting meats, and curing fish.*

*Cooking instructor and author Mary Karlin begins with a solid introduction to the wide world of fermentation, explaining essential equipment, ingredients, processes, and techniques. The diverse chapters cover everything from fermented dairy to grains and breads; legumes, nuts, and aromatics; and fermented beverages. Last but not least, the book concludes with more than twenty globally-inspired recipes that incorporate fermented foods into enticing finished dishes like Grilled Lamb Stuffed with Apricot-Date Chutney and Saffron Yogurt Sauce. Offering an accessible, recipe-driven approach, Mastering Fermentation will inspire and equip you to facilitate the transformative, fascinating process of fermentation, with delicious results.*

*From sauerkraut to kombucha, homemade fermented foods and drinks are the latest health trend. Probiotic drinks and fermented foods pack a powerful dose of live cultures that many people credit for improved digestion, immunity, and skin health. With more than fifty recipes, The Healthy Probiotic Power Diet will show you how to make delicious meals and beverages in your own home to make them part of your everyday diet. Probiotic drinks are made by adding cultures to base ingredients such as milk, sweet tea, or fruit juice, while fermented foods can be made by culturing vegetables, grains, beans, and other foods. Both add enzymes, B vitamins, and protein to your diet, while tasting delicious. R. J. Ruppenthal explains the benefits and includes simple, tasty recipes for: - Kombucha and ginger beer - Yogurt, cottage cheese, chèvre, and gouda cheeses - Kefir, yogurt, and smoothies - Green drinks and natural energy drinks - Naturally fermented ciders and sodas - Sauerkraut, kimchi, and natural pickles - Simple and delicious probiotic dishes, including corn salsa, dolmas, kimchi noodles, chocolate pudding, and hummus Probiotic drinks and foods can help you lose weight, nourish your body, boost energy, and improve overall health. With quick and easy recipes, The Healthy Probiotic Power Diet will show you the way to a healthier lifestyle, while helping you save money over the high cost of these popular items. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.*

*Paleo Power Bowls*

*70 Delicious Plant-based Cheeses*

*Healthy Gut, Flat Stomach*

*Claridge's - The Cocktail Book*

*Cultured Food for Life*

*More Than 150 Delicious Recipes for Fruit & Vegetable Juices, Green Smoothies, and Probiotic Drinks*

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