



Learn How to Cook the Way Grandma Did.: Learn How to Make Sourdough Bread and Cakes, Culture Vegetables, Kefir, Cheese, Nut and Seed Cheese and Brew Probiotic Ginger Beer Beverages.

By MR Abby C Eagle

Abby Eagle, Australia, United States, 2012. Paperback. Book Condition: New. 252 x 202 mm. Language: English . Brand New Book ***** Print on Demand *****.Forget what the glossy magazines tell you about nutrition and. LEARN HOW TO COOK THE WAY GRANDMA DID Traditional recipes in the spirit of Dr Weston A Price and Sally Fallon Surprise your friends and family Now you can learn how to bake sourdough bread and cakes, culture real sauerkraut and get all of its protective benefits, turn store-bought milk into nutritious kefir, culture simple cheese, and nut and seed cheese, and brew lacto-fermented probiotic rich beverages such as wheatgrass ginger beer and real beer. Rest assured that only wholesome ingredients are used: The recipes in this book are free of sugar, soy, margarine, vegetable oil, white flour, synthetic ingredients and politically correct ideas. Get ready to use nutrient packed whole grain flours - spelt, wheat, rye, barley and rolled oats. Once again you can enjoy full cream milk (cow or goat) butter, cheese and cream. Soy milk is banned. Get the benefits of coconut oil, creamed coconut and desiccated coconut. No sugar is used, instead we get sweetness plus nutrients from unrefined molasses cane sugar,...



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