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50 Fermentation Recipes: The Beginner s Cookbook to Fermented Eating Includes 50

By Nina Cooper

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.So, what exactly is fermentation? Fermentation is the process of food preservation. It supercharges the nutrient content of the food. This happens when the natural bacteria found in foods break down the contents of the food and makes the food easier to digest, and even more nutritious. Isn t it great to know that you are giving your body the best nutrients and care every day? Do you suffer from high blood pressure or diabetes? Are you looking to receive the best health benefits from the foods you eat? Do you suffer from obesity or from being overweight? Then my eBook, 50 Fermentation Recipes: The Beginner s Cookbook to Fermented Eating is the perfect book for you! Eating fermented food is the ideal choice for those that are looking to receive the ultimate benefits from their food. The process of fermentation not only enhances the nutrient contents of food, but it also makes food taste great without too much cooking. All this process takes is a little patience. You will be provided with insightful recipes that will help...



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