



# **Fermented Beverages Cookbook: The Ultimate Recipe Book for Creating Delicious Fermented Drinks and Smoothies**

*William Barnes*

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## Smoothies and Drinks with a Twist

Try an alternative to your smoothie or juice by adding fruits, vegetables, nuts, or other ingredients.

Are you looking for a drink that will give you increased energy to get through the day?

Do you want to enhance your herbal iced tea or lemonade?

Add Kefir to your drinks and smoothies using one of these recipes.

Find a recipe to create a fermented soda or yogurt. Remember to plan ahead because the process takes several hours or days.

## Recipes You Will Discover Inside

And MANY more!

Would You Like to Know More?

This book contains recipes for both smoothies and drinks that you can enjoy any day and every day, like soda, tea, or lemonade. You will learn how to enhance the flavors of your drinks and also add nutritional value. Get started today by using this book of 25 recipes.

**STOP WAITING!**

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