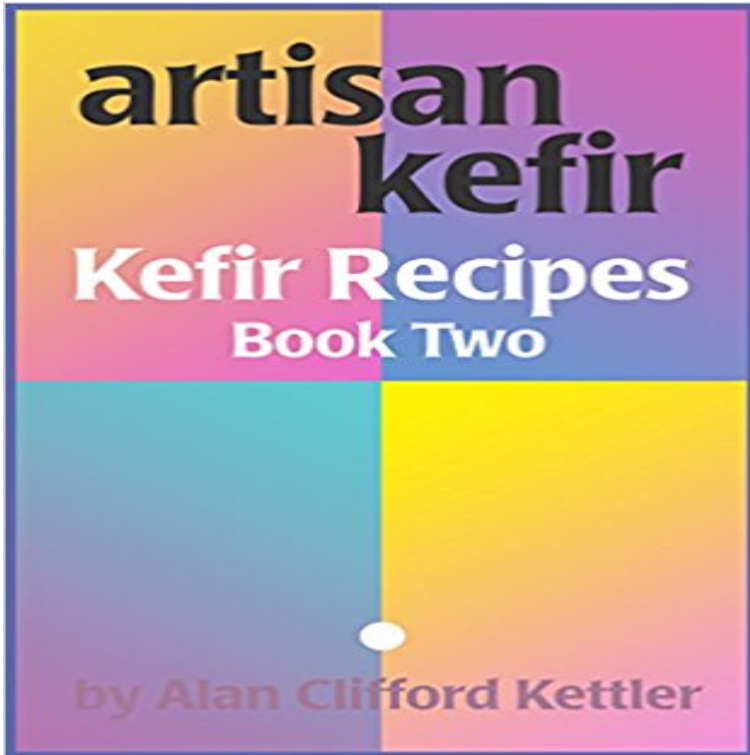


Artisan Kefir - Recipe Book Two: How to Make Your Own Amazing Kefir Drinks



Presumably, you have read my introductory book about kefir and now you want to make your own Artisan Kefir into some delicious healthy beverages. Home made kefir is one of the most heavenly drinks I can imagine. It is made from fermented milk so it contains all the protein and calcium of milk, plus it is easy to digest, especially for the millions of lactose intolerant people out there like me who cannot drink milk. Plain kefir has a taste similar to sour milk that is not overpowering or too strong in taste and smell, so some people drink it straight. Most people add fruit juice and some kind of sweetener to improve its flavor. This book, and the rest to follow, will contain ten recipes for making kefir drinks from your own home made kefir. You can use ingredients from your kefir pantry included in Artisan Kefir Getting Started, and buy different juices depending upon the desires of your tastebuds. I have never made a bad kefir drink you cant go wrong as long as you have some fruit juice on hand to mix with the kefir. You can sweeten it many ways but often the fruit juice is enough to sweeten the plain kefir, so it is a fine food if you are one of those people like me who try to keep their sugar intake low. I will also write some recipes for other uses of kefir, including making popsicles and cold soups. For all you organic people reading this, you will be pleased to know that 99% of my kefir ingredients are organic. If you are not interested in organic, you can still make most of the recipes in this book while still gaining the health benefits of your fermented milk and its probiotics. You will also be pleased to know that you can make a meal out of a glass of flavored kefir for under a dollar using juice, and you can also make a glass of kefir for \$2, \$3, or more, depending on the ingredients you add and your budget. For example, juice is relatively inexpensive but protein powders are all very expensive. Once you develop a

knack for making your own kefir from scratch and mixing it to make sweeter juice drinks, it will become easy and if you get hooked on kefir, you might make it a regular part of your diet. I have some almost every day. It can be a light meal for breakfast or a light snack in the evening. If you have never had kefir before, and want to try it out before you buy my kefir books, you can always go shopping for some and try it out. It is not common and not easy to find, even in a big city. I never see it at supermarkets, only at health food stores like Trader Joes, Whole Foods, coops, and small independent markets. It is usually right next to the milk in the dairy cooler. If you like milk and you like yogurt, you will probably love kefir, and you should try out one of my kefir recipe books!

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