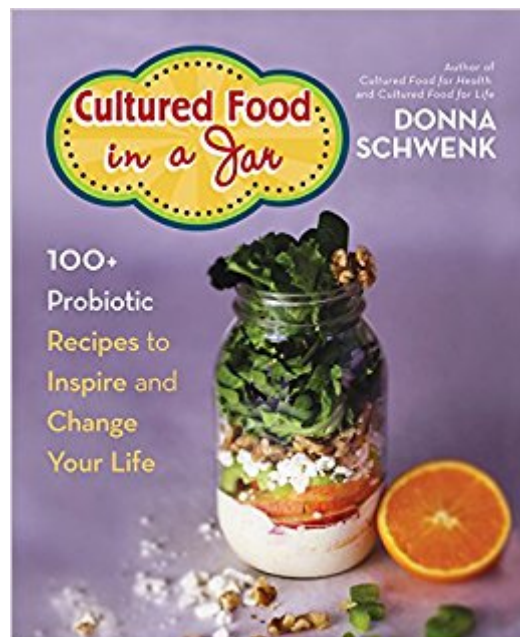




The book was found

Cultured Food In A Jar: 100+ Probiotic Recipes To Inspire And Change Your Life



Synopsis

In her third cookbook, creator and founder of the Cultured Food Life blog and author of Cultured Food for Life and Cultured Food for Health, Donna Schwenk offers over 100 probiotic recipes for the on-the-go lifestyle. These cultured food recipes are easy-to-make and all portable in jars.

Schwenk covers everything from the basics like making your own kefir, kombucha, and nondairy milks, to snacks and beverages, to filling, savory meals. Complete with full-color photos and clear, thorough instructions, Cultured Food in a Jar offers an accessible, mouthwatering approach to probiotic eating and gut health.

Book Information

Paperback: 256 pages

Publisher: Hay House, Inc. (September 26, 2017)

Language: English

ISBN-10: 1401951260

ISBN-13: 978-1401951269

Product Dimensions: 5.9 x 0.9 x 8.3 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #15,864 in Books (See Top 100 in Books) #90 in Books > Cookbooks,

Food & Wine > Cooking Methods > Quick & Easy #239 in Books > Health, Fitness & Dieting >

Nutrition #437 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

Donna Schwenk is the author of Cultured Food for Life and Cultured Food for Health and the founder of the blog Cultured Food for Life. For a decade, she was the Kansas City Chapter leader for the Weston Price Foundation, a worldwide organization focused on restoring nutrient-dense food to the human diet through education, research, and activism. Donna continues to teach classes opening people's eyes to the power of cultured foods. Her work has been featured around the world, including on two PBS specials, in Britain's Daily Mail, and in Energy Times. You can visit her online at www.culturedfoodlife.com.

[Download to continue reading...](#)

Mason Jar Salads: Quick and Easy Recipes for Salads on the Go, in a Jar (mason jar meals, mason jar recipes, meals in a jar, mason jar salads, mason jar lunch, salad to go, quick and easy recipes)

Cultured Food in a Jar: 100+ Probiotic Recipes to Inspire and Change Your Life
Cultured Food for Health: A Guide to Healing Yourself with Probiotic Foods Kefir * Kombucha * Cultured Vegetables
Cultured Food for Life: How to Make and Serve Delicious Probiotic Foods for Better Health and Wellness
Probiotic and Prebiotic Recipes for Health: 100 Recipes that Battle Colitis, Candidiasis, Food Allergies, and Other Digestive Disorders
Best Mason Jar Salad Recipes: 25 Mason Jar Salads for On-The-Go Salads in a Jar: 30 Delicious & Healthy Salad Recipes You Can Make with a Mason Jar or Container & Eat on the Go Wherever You Are (Essential Kitchen Series Book 24)
Life Coaching: Life Coaching Blueprint: Save a Life One Person at a Time (Bonus 30 Minute Life Coaching Session - How to Motivate, Inspire, Change Your Life)
Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life)
Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) The Mason Jar Dessert Cookbook (Mason Jar Cookbook) The Mason Jar Cookie Cookbook (Marson Jar Cookbook)
VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1)
The Intellectual Devotional: Revive Your Mind, Complete Your Education, and Roam Confidently with the Cultured Class
Babushka: Russian Recipes from a Real Russian Grandma: Real Russian Food & Ukrainian Food (Russian food, Russian recipes, Ukrainian food, Polish recipes)
Life - The Epic Story of Our Mitochondria: How the Original Probiotic Dictates Your Health, Illness, Ageing, and Even Life Itself
Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic)
Gifts in Jars: 101 Jar Recipes For Homemade Christmas Gift Ideas(everything from food to beauty recipes) (Homemade Gifts)
Vegan Cookies Invade Your Cookie Jar: 100 Dairy-Free Recipes for Everyone's Favorite Treats
Canning and Preserving: A Simple Food in a Jar Home Preserving Guide for All Seasons: Bonus: Food Storage Tips for Meat, Dairy and Eggs

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)