



# **Ferment Your Drinks: A Fun and Flavorful Guide to Making Your Own Kombucha, Kefir, Kvass, Mead, Cider, and More**

*Alex Lewin, Raquel Guajardo*

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## **Brine is the new black.**

Fermented foods have taken the world by storm, largely due to their health and real food benefits. They help improve digestion, improve important vitamins and minerals, and strengthen the immune system.

Of all fermented foods, drinks are some of the most versatile - and tasty! Think kombucha, kefir, and real ginger ale. Many of these items you can buy in the store, but making them at home is simple and even better for you! With just a few ingredients and materials, you can start brewing your own delicious beverages for your family. *Ferment Your Drinks* is packed with an array of innovative drink recipes, from healthy homemade sodas to traditional kvass, that you can make in your home kitchen and enjoy all year long!

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