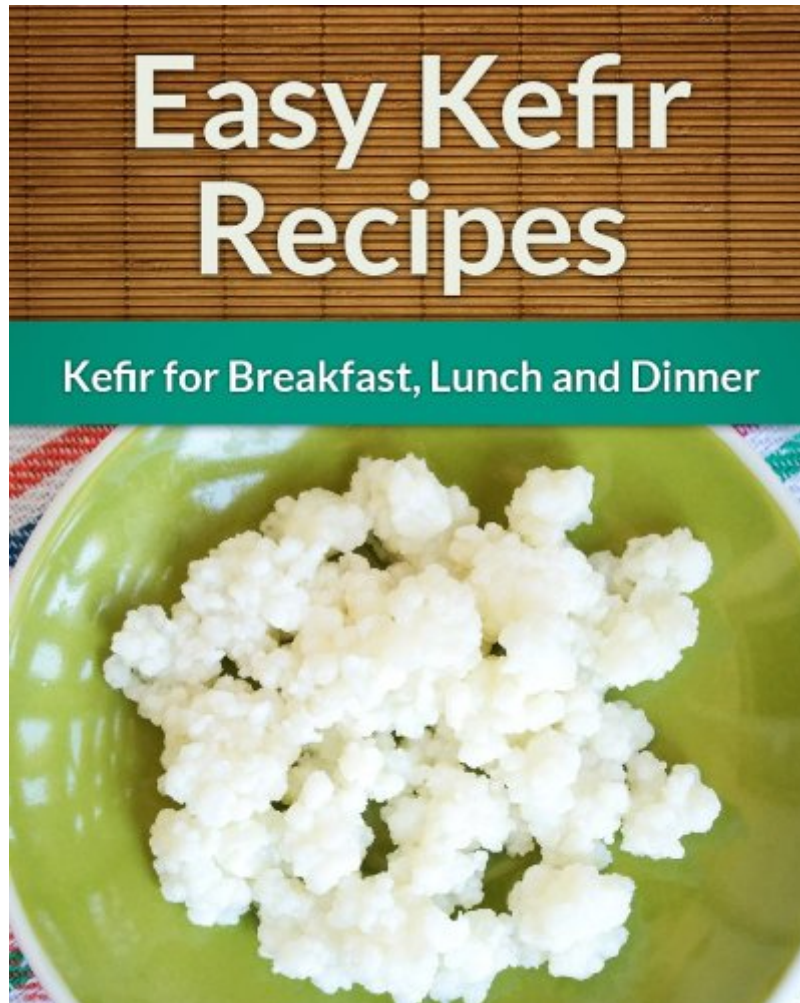


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# Kefir Recipes: Kefir For Breakfast, Lunch And Dinner (The Easy Recipe)



## Synopsis

The Easy Recipe Guide series presents: Easy Kefir Recipes - How To Make Kefir. kefir (pronounced /kÉ™É™fÉ™É™r/ kÉ™-FEER)Kefir, the ancient elixir that has made its way into the mainstream. Originating from the Caucasus mountains in the former Soviet Union, Kefir is a fermented milk product that has been used for centuries. This probiotic drink loosely translated means "pleasure" or "good feeling". It was once considered a gift from the Gods, namely for it's health and beauty benefits. So the question remains: how do we use Kefir in our daily lives? It's easy, actually. In this guide, you will learn how to make kefir, recipes to incorporate into your breakfast, lunch and dinner, and how to use kefir for health and beauty.DID YOU KNOW?- Kefir can regulate cholesterol and blood pressure- Kefir aids in digestion and cleans the digestive tract.- Kefir can heal diarrhea, leaky gut syndrome and irritable bowel syndrome- Kefir can boost your immune system- Kefir aids in anti-aging with it's high level of anti-oxidants- Kefir is effective in treating acne

## Book Information

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## Customer Reviews

A photograph of kefir grains would be very useful as they often described as grains and for some people, this is confusing. There is a good explanation of kefir and its benefits to help distinguish it

from drinking yogurt. Pasteurised commercial kefir is not as beneficial as kefir made from fresh milk. There are some healthy smoothie ideas and a dip recipe and dressings which does not require the kefir to be heated. I agree with other reviews here that the other recipes in this book look very enjoyable but the kefir has been heated as an ingredient in baked items. Unfortunately kefir loses all its beneficial qualities once heated. There's also recipes with added sugars and wheat flour which are becoming quite out of date now. I applaud the author's efforts but I think a little more research is needed to fully understand the benefits of kefir and why

I've been using kefir for a lot of years so much of this was not very useful, but the ranch dressing is particularly good. I've been looking for salad dressing recipes that do not use oil. I halved the garlic however and it was still too garlicky. Good book if you're new to kefir.

This was a very basic book, the recipes were mostly sugary and unhealthy. Substituting kefir for other dairy did not make this different from other recipe books.

I understand everyone needs to start somewhere, but I hope they don't try to make kefir after reading this book, and nothing else. What type of strainer to use, variables in ferment time, don't use metal spoon, trouble-shooting, etc. I also personally am wondering how many of those probiotics will survive the heat of baking the kefir in cooked recipes, and I plan to research that more. Finally, I'm sorry, but all of these authors who are self-publishing need to ask a couple of people to proofread for them. Grammatical errors are not acceptable, and even simple mistakes like 'kefir is thinner than kefir' make these books hard to follow, and difficult to take seriously since it seems so little effort was invested. Luckily it was a free download.

Some good info & recipes, although it has several recipes that involve cooking or baking with kefir, and many sound great, BUT. the heat would deteriorate the beneficial bacteria, defeating the purpose of using it in the first place. It does contain some great smoothie, dip and dressing ideas tho that I will definitely be trying!

I just discovered Kefir and how to make it. This book helped me know I was on the correct track. I had no idea how to use Kefir and this book gave me some great recipes to try. Best-Selling Author Robin Bremer Raising the Dead, Angels, Supernatural Wine, & Other Normal Christian Experience: Being Led by the Holy Spirit

We have gotten very interested in Kiefer lately, because of its health properties. This book has been invaluable in helping me figure out what to do with the stuff once I make it - I'm really excited about trying more of the recipesâ |

Interesting uses for Kefir, elevating it from a simple probiotic drink. Recipes are fairly simple and straightforward, ingredients are readily available, and the variety is pleasing.

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