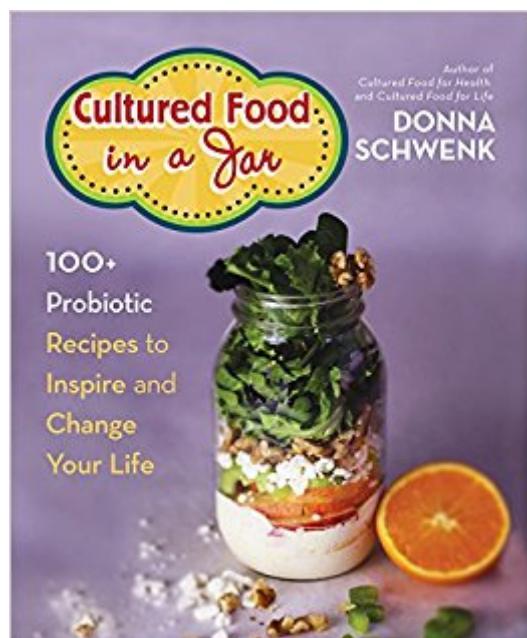


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# Cultured Food In A Jar: 100+ Probiotic Recipes To Inspire And Change Your Life



## 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

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## 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](http://www.culturedfoodlife.com).

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