



# **The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea**

*Hannah Crum, Alex LaGory*

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Brew your own kombucha at home! With more than 400 recipes, including 268 unique flavor combinations, you can get exactly the taste you want — for a fraction of the store-bought price. This complete guide, from the proprietors of Kombucha Kamp, shows you how to do it from start to finish, with illustrated step-by-step instructions and troubleshooting tips. The book also includes information on the many health benefits of kombucha, fascinating details of the drink's history, and recipes for delicious foods and drinks you can make with kombucha (including some irresistible cocktails!).

“This is the one go-to resource for all things kombucha.”

— Andrew Zimmern, James Beard Award–winning author and host of Travel Channel's *Bizarre Foods*

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