

# Free epub Fermenting vol 3 milk kefir volume 3 .pdf

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protein 9 grams calcium 24 of the daily value dv phosphorus 20 of the dv vitamin b12 29 of the dv riboflavin b2 25 of the dv magnesium 7 of the dv vitamin d 12 of the dv in

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milk kefir is a fermented dairy product similar in many ways to yogurt and buttermilk it's how kefir is cultured that makes it really unique instead of heating the milk adding a culture and keeping it warm as you do with yogurt all you need to make milk kefir are kefir grains credit emma christensen

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milk kefir also known as dairy kefir is a yogurt like cultured dairy product made from milk and the mother culture kefir grains these grains are home to symbiotic colonies of beneficial microorganisms bacteria and yeasts that are able to colonize the digestive tract boosting gut health

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