



# **Fresh & Fermented: 85 Delicious Ways to Make Fermented Carrots, Kraut, and Kimchi Part of Every Meal**

*Julie O'Brien, Richard J. Climenhage*

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Eating naturally fermented, probiotic foods (such as kimchi) is one of the healthiest and most effective ways to improve digestion. Balance the digestive system and boost your immunity with healthful, simple, and delicious everyday meals using Firefly Kitchens' recipes for fermented kimchi, krauts, and carrots. Making homemade fermented foods is simple and delicious. With eighty-five recipes like Kimchi Kick-Start Breakfast, Smoked Salmon Rubeen, and Flank Steak over Spicy Noodles, *Fresh & Fermented* makes it easy to include these healthy foods in every meal.

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