



A L L A B O U T

F E R M E N T E D

D R I N K S

## What are fermented drinks?

Fermentation is what happens when micro-organisms convert carbs or sugars into either alcohol or acid. Yeast creates alcohol (like with beer and wine) while bacteria creates lactic acid.

Drinks that are fermented are full of good bacteria that are important for good gut health. They help with our digestion and enable our bodies to absorb the vitamins and minerals present from food we eat.

Different fermented drinks contain different strains of bacteria so it's good to drink a variety!

Fermenting does create alcohol so all fermented drinks contain SOME alcohol although most "non alcoholic" ones have very little and are safe even for children or to drink while pregnant.

If you are new to fermented drinks, it is best to start with small amounts and see how you feel.

When buying fermented drinks, look for lower sugar options (added juice can raise the sugar content), organic and raw varieties!

# HEALTH BENEFITS

- B-vitamins

These essential nutrients help convert our food into fuel, helping us to stay energized throughout the day.

- Omega-3 fatty acids

Help lower the risk of heart disease, depression, dementia, and arthritis.

- Probiotics

Especially good for your digestive system and maintaining a healthy gut.

- Better food absorption

Allows you to get more of the vitamins and minerals from food.

- Fights inflammation

Inflammation is your body's way of protecting itself from harm but if it is constantly doing this, it can make your body more susceptible to diseases.

- Good for the liver

The liver helps our body detox so it's important that we keep it healthy!

# Types of Fermented Drinks

## Water kefir

Fermented water made using water kefir grains, water and sugar. You can drink it on its own, flavour with fruit, add to smoothies etc. First fermentation takes 2-3 days. The next batch will only take 24 hours.

## Kombucha

Made from black tea, sugar and a SCOBY. First fermentation takes 7-10 days. It tastes delicious on its own and can be flavoured many different ways!

## Milk Kefir

Just like water kefir except made with milk. Traditionally it is made using cow, sheep or goat milk but it can also be made using coconut milk.

## Kvass

Kvass is typically made from high-quality sourdough rye bread. However, kvass can be made from benefit-rich beets or various fruits. Only needs 1-2 days to ferment.

## Ginger Beer

Made using water, sugar, yeast and fresh ginger. Takes a day to ferment. It's a healthier alternative to ginger ale!

# RESOURCES

## **Recipes**

<https://traditionalcookingschool.com/food-preparation/recipes/56-fermented-probiotic-drinks-beyond-kombucha-kefir/>

## **Ginger Beer Recipe**

<https://www.epicurious.com/recipes/food/views/hOMEMADE-ginger-beer-357980>

## **Kombucha Brands**

Kevita, Humm, GT's, Kombucha Wonder Drink, Brew Dr, Health Aide, Live Kombucha, High Country, Tonica, Rise, Katalyst, Holy Kombucha, Simple Truth,

