

Inhalt

Vorwort 7	Green Kombucha Power 51
Eine gute Darmflora erhält die Gesundheit 8	Gingy Pearbucha 52
Meine Leidenschaft für fermentierte Getränke 12	Divine Strawberry Retreat 54
Kombucha 15	Mongolicious Love 57
Scoby 19	Devilish Ginger Turmeric Kombucha 58
Tipps und Sicherheit 21	Papaya Passion 61
Geschmacksvorschläge 22	Dandelion Dream 62
Scoby – selbstgemacht 25	Liquid Gold 65
Kombucha natur 26	Radical Beetroot Detox 66
Kefir 29	Jungle Strawberry Fever 69
Milchkefir 35	Energizing Spicy Green Fuel 70
Wasserkefir 36	Happy Grasshopper 73
Griechischer Sahnekefirjoghurt 39	Tibetan Delight 74
Kokoskefir & -joghurt 40	Californian Sunshine 77
Hausgemachter Joghurt 43	Fountain of Youth 78
Milder cremiger Kokosnussjoghurt 47	Hot Watermelon 81
Rejuvelac 48	Maqui Blueberry-bucha 82
	Brain Power Fuel 85

Strawberrita 86	Melonberry 124
Double Probiotic Potion 89	Green First Aid 127
Pina Colada-bucha 90	Passionate Raspberry Romance 128
Flower Power 93	Mystical Garden 131
Very Berry-beetbucha 94	Minty Mango Lassi 132
Gingered Mangorita 97	Hibiscus Heaven 135
Stinging Nettle Elixir 98	Love Potion 136
Mean Green Power Machine 101	Morning Jump Start 139
Burning Beetroot Magic Meal 102	Total Detoxification 140
Carrot Coconut Power Meal 105	Rise and Shine 143
Elixir of Life 106	Witches Brew 144
Minty Maple Blueberry Mojito 109	Pink Thunder 147
Raspberry Peach Dream 110	Blueberry Heaven 148
Buddha's Delight 113	Rejuvenating Potion 151
Master Cleanse 114	Wild Flowerberry 152
Black Magic 117	Berrybucha 155
Blueberry Lavendel Bliss 119	Tropical Wild Strawberry 156
Nordic Love Story 120	Probiotic Weed 159
Blackberry Beast 123	