



Learn how to cook the way grandma did.: Learn how to make sourdough bread and cakes, culture vegetables, kefir, cheese, nut and seed cheese and brew probiotic ginger beer beverages.

Mr Abby C Eagle

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Forget what the glossy magazines tell you about nutrition and... LEARN HOW TO COOK THE WAY GRANDMA DID Traditional recipes in the spirit of Dr Weston A Price and Sally Fallon Surprise your friends and family Now you can learn how to bake sourdough bread and cakes, culture real sauerkraut and get all of its protective benefits, turn store-bought milk into nutritious kefir, culture simple cheese, and nut and seed cheese, and brew lacto-fermented probiotic rich beverages such as wheatgrass ginger beer and real beer. Rest assured that only wholesome ingredients are used: The recipes in this book are free of sugar, soy, margarine, vegetable oil, white flour, synthetic ingredients and politically correct ideas. Get ready to use nutrient packed whole grain flours - spelt, wheat, rye, barley and rolled oats. Once again you can enjoy full cream milk (cow or goat) butter, cheese and cream. Soy milk is banned. Get the benefits of coconut oil, creamed coconut and desiccated coconut. No sugar is used, instead we get sweetness plus nutrients from unrefined molasses cane sugar, rapadura, honey, stevia, dates, currants, raisins, papaya, sultanas, prunes, apricots, cherries, pineapple, molasses and apricots. To balance out the flavours and the nutrition in the date brownies we use carob and cocoa powder. Add in a range of nuts: almonds, hazelnuts, brazils, apricot kernels, pecans - prepare them correctly and you will be powering along. No frozen vegetables or tinned fruit - just fresh vegetables and fruit, herbs and spices. Oh, and don't forget, plenty of pasture fed eggs. "I love the way you explain so many things and provide useful, down-to-earth information. Your book will have pride of place alongside Nourishing Traditions which I describe to my friends as my bible." Monique from Southland, NZ "Your book is fantastic. I find many of your recipes go into more detail than many other books and it is a big help, especially if a person is starting from scratch." Ellen Schenck

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