

# Kimchi



Kimchi is a spicy, sour and delicious way to enjoy fermented foods.

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# Fermented Salsa



This fermented salsa recipe will have you loving salsa even more than you already do!

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# Basic Sourdough Bread



Whether you are a new-be or an expert sourdough bread maker, this simple, fail-proof basic sourdough recipe is amazing.

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## Fermented Beet Salad



This amazing recipe will have you eating copious amounts of beets with the nutrient benefits switched on high. Your liver will thank-you.

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## Flavoured Kefir Water



Everyone loves water kefir for all the wonderful things it contains. You'll love it even more once it's flavored and taste like juice!

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## Sourdough Cinnamon Buns



A wonderful, “almost” healthy variation to the traditional cinnamon bun that the entire family will love!