



# **Fermented Vegetables: Easy & Delicious Fermented Vegetable Recipes for Better Digestion and Health (Clean Gut Book 2)**

*Amanda Hopkins*

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## Delicious Fermented Food Recipes

If you're wondering why ferment vegetables, the answer is simple - better health from head to toe. Eating fermented vegetables can help with weight loss, better gut health, easier digestion, and improved mood. One of the most important ingredients in fermented vegetables are probiotics. These probiotics plant beneficial bacteria into the digestive system and keep everything balanced internally.

***Fermented Vegetables: Easy & Delicious Fermented Vegetable Recipes for Better Digestion and Health will make it easy for you to make and enjoy fermented foods at home.***

**By reading this book you'll learn:**

- **The benefits of eating fermented vegetables**
- **A step-by-step guide to fermenting vegetables**
- **How to make sauerkraut, kimchi, fermented pickles and salsa at home**
- **Easy recipes made of fermented vegetables**

The fermentation process is neither expensive nor time consuming. Knowing how to ferment vegetables on your own can open up a new world of possibilities for you and your kitchen.

**Download *Fermented Vegetables* today!**

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TAGS: fermented vegetables, fermented recipes, fermented foods for health, fermented foods cookbook, fermented vegetable recipes, fermented food recipes, salsa recipes, pickle recipes, kimchi recipes, sauerkraut recipes

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