

Fermented Foods

Functional Foods for Better Health!

- Yogurt: cow, sheep, goat milk & dairy-free
- Buttermilk
- Sauerkraut
- Kimchi
- Kombucha
- Miso
- Kefir
- Tempeh
- Pickles
- Olives
- Fermented Garlic
- Black Garlic
- Kavass
- Natto
- Cheese (some, not all): Gouda, mozzarella, cheddar
- cottage cheese



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