

WATER KEFIR

malwine Steinbock

INGREDIENTS

10 MINUTES 6 SERVINGS

- 1.5l water
- 3 Tbs water kefir
- 4 Tbs brown sugar
- 1/2 organic lemon
- 2 dried plums (or other dried fruit, I.e. fig)

TAGS

#kefir #waterkefir probiotic



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De cada cosa zanahoria



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