

Kefir, Miso & Ginger Dressing .. for salad or veg

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1 inch ginger
1 clove garlic
Squeeze of lemon juice
1 tbsp miso (dark or light)
2 tbsp **Coco-Kefir**
2 tbsp **Robust Olive Oil**
Pinch sea salt/Himalayan salt

If making the dressing by hand, finely chop or grate the ginger & garlic. Add a tiny amount of water to the miso, to make a paste, then add all other ingredients & whisk. Or add them all to a blender for a smoother texture.

Serve over a crunchy coleslaw or drizzle over steamed vegetables.

The gut and brain are connected via the Vagus Nerve, therefore the health of the gut directly impacts the way you think and feel.

Kefir Pina Colada

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1/2 cup chopped fresh pineapple
1/2 tub **Coco-Kefir**
1 tbsp lime juice
2 tbsp shredded coconut
{optional addition of rum, if you like!}

The taste of summer sunshine!
Simply blend all ingredients & serve, garnish with a chunk of pineapple or some mint leaves.

Cultured foods are very efficient detoxifiers – you may experience a "healing crisis" or detox symptoms if you introduce too many of these foods at once.

French Onion Dip

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1 tub **Coco-Kefir**
2 tbsp unhulled tahini
Squeeze of lemon juice
2 tbsp nutritional yeast (savory yeast flakes)
3 tbsp dried onion flakes
Pinch sea salt/Himalayan salt

Add all ingredients to your blender or food processor & combine. If you want a runnier mixture, add some water. An optional step, for improved flavour is to cut & dry your own onion in a low temp oven, with the oven door slightly ajar.

Serve with crunchy raw vegetables or crackers.

Some fermented foods are outstanding sources of essential nutrients such as [vitamin K2](#), which help prevent arterial plaque build-up & heart disease.

Mango & Kefir Chia Pudding

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1 large ripe mango
1/2 cup **Coco-Kefir**
1 cup coconut water
1/2 cup chia seeds

Blend the mango, **Coco-Kefir** & coconut water until smooth. Pour over the chia seeds & allow to soak for at least 1/2 an hour (overnight is fine if preparing for breakfast)

Garnish with extra fruit & serve!

During the fermentation process the friendly *lactobacilli* bacteria break down the natural sugars to produce a special form of lactic acid that acts as a natural preservative.

Vegan Garlic Aioli

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1/2 cup **Coco-Kefir**
1/2 large ripe avocado
Squeeze of lemon juice
4 tbsp olive oil
2 cloves garlic
Pinch sea salt/Himalayan salt & black pepper to taste

Add all ingredients to your processor & combine. If you want a runnier mixture, add some water.

Serve over hot baked potatoes, sweet potato wedges, or roasted asparagus.

For a more 'yellow' colour, add a pinch of turmeric.

Love your good bacteria, it's the good bacteria that keep the bad bacteria under control.
Bacteria are an essential part of human life.

Chocolate Kefir Mousse

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1 large ripe avocado
1/2 tub **Coco-Kefir**
3 tbsp raw cacao powder
3 tbsp coconut oil
pinch of Himalayan / sea salt

Place all ingredients into a food processor & process until light & fluffy.

For serving, this can be poured into individual bowls, garnished with fruit, or layered into a parfait glass with crushed nuts & extra **Coco-Kefir**.

Chill for at least 1 hour before serving.

The production, consumption, & enjoyment of different fermented foods reflects the diversity of cultures & cuisines that make up our varied world.

Kefir Guacamole

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2 ripe avocados
Squeeze of lemon juice
1 tbsp **Robust Olive Oil**
2 tbsp **Coco-Kefir**
Pinch sea salt/Himalayan salt

Mash all ingredients together with a fork for a chunky guacamole, or add to a food processor for a smoother texture.

Optional additions: finely sliced red onion, cherry tomatoes, crushed garlic clove, chopped coriander, chilli flakes.

Serve with corn chips, dipping vegetables or use as a sandwich/toast spread.

Fermented foods are rich in enzymes, necessary as the body needs a certain amount of enzymes to properly digest & extract the nutrients from the foods we eat.

Banana & Mixed Berry Smoothie

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2 ripe bananas
1 cup mixed berries
1 cup coconut water
1/2 cup **Coco-Kefir**

Add all ingredients to your blender, blend until smooth, enjoy!

Optional additions: 1/2 cup ice, if extra sweetness required, add 1 tbsp coconut nectar.

Along with drying & salting, fermentation is a key method of extending the life of foods, allowing them to be available, & eaten safely, in times of scarcity or seasonal non-availability.