

# *Living Probiotics from your Pantry*

## **Health from the Inside Out !**



Discover how you can make wonderful Probiotic beverages

Like Kombucha, and Water Kefir in your own kitchen.

Learn how to make delicious yoghurts for breakfast or a great lunchtime smoothie

Children will love the taste of these cultures

Adults will find them absolutely delicious

The benefits are:

- Alkalisng
- Cleansing / Detoxifying
- Nourishing
- Healing

**Kits available for**

- . kombucha
- . Water Kefir
- . Caspian Sea Yoghurt
- . Milk Kefir Grains

**Next Workshop : Saturday September 15<sup>th</sup> 9.30 -11.30am**

**With Jane Powell 190a Tara Rd Papamoa Cost \$20.00**

**Ph. 5422257 Email [blissfulbubbles@xtra.co.nz](mailto:blissfulbubbles@xtra.co.nz) To Register**