



Kvass: History, Health Benefits, & Recipes for the Russian Bread Drink (Volume 1)

Dan Woodske

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Kvass is a traditional Russian drink made from Bread and has been around for over 1,000 years. At one point in Russian history it was believed that Kvass was consumed more than water! Even with that being the case, millions of people worldwide have never tried the drink. For that manner the majority of people have never heard of Kvass. This book includes a history of kvass and why it was made, as well as the wonderful health benefits you receive from making your own kvass at home You'll also find dozens of easy to follow recipes that you can make easily in the comfort of your own home. The book is a breezy 65 pages but is easily the best resource for Kvass information and recipes you will find.



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