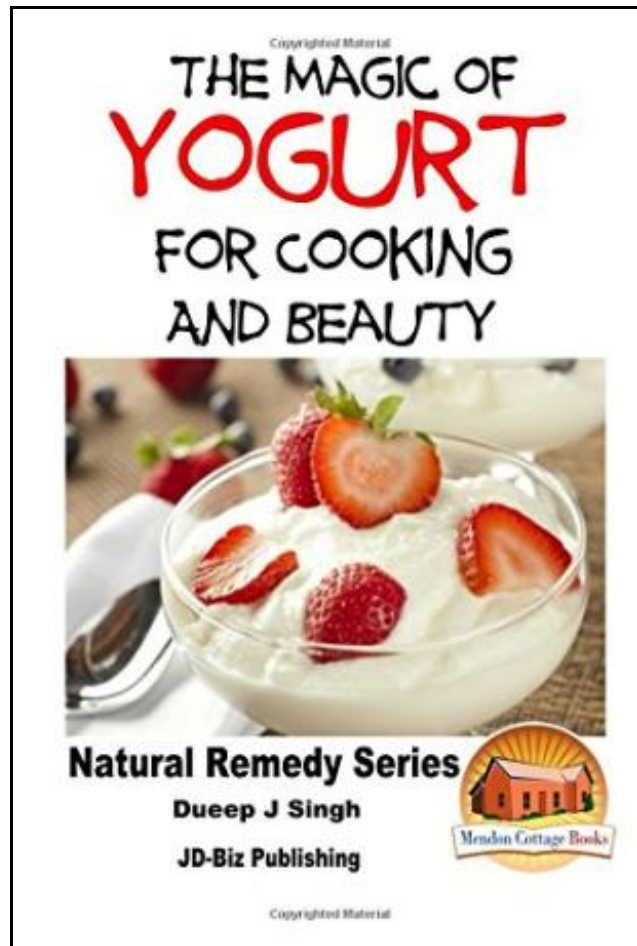


## The Magic of Yogurt for Cooking and Beauty



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## THE MAGIC OF YOGURT FOR COOKING AND BEAUTY



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Magic of Yogurt For Cooking and Beauty Table of Contents Introduction Shopping for Yogurt? Investing in a Yogurt Maker How to Make the Perfect Yogurt. How to Prevent the Yogurt from Getting Watery? Yogurt in Cuisine Yogurt - cucumber soup - Tarator Raita- Mishti doi (literally sweet yogurt ) Yogurt As Tenderizer Chicken In Yogurt Making Whey at Home Buttermilk or Lassi How Do You Make Traditional Buttermilk? Yogurt for Beauty Yogurt As a Hair Conditioner. Curing Dandruff Yogurt As a Facemask. Rosewater for Beauty How To Make Rose Water Conclusion Author Bio Introduction Nobody really knows who first discovered yogurt. Butter is supposed to have been discovered millenniums ago, when camel s milk was placed in animal skin hides while being transported from one place to another by Arab or Turkish nomads. The ambulatory movement of the camel walking across the desert seem to have a churning effect on the hides, and in the evening, when the milk was taken out of the sack, two new products were discovered. Butter and buttermilk. This possibly apocryphal serendipity is on par with the supposed discovery of wine. Millenniums ago, a Greek slave was suffering from toothache, and that was so painful that she found an earthenware pitcher full of fermenting grape juice left by some other careless slave. All those bubbles made her think that it was poison, and she would rather drink that, than suffer the pain of a toothache. So she did drink of the juice of the grape and fell asleep. And the miracle of wine was discovered to gladden the hearts of generations. No wonder the Greeks had a God Bacchus...



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