

Making milk kefir!!

Supplies

- Mason Jar
- Milk kefir grains
- Organic grass fed cows milk, goats milk, sheep's milk or coconut milk for dairy free option. Choose at least 2% mf (milk fat), 3% or more will produce a thicker milk and encourages growth
- Plastic lid or coffee filter
- Plastic or stainless-steel mesh strainer

Directions

- Pour milk of your choice into jar
- Add milk kefir grains
- Cover jar with plastic lid or coffee filter with elastic band
- Allow to sit in a warm spot in your house for 2 to 3 days
- When desired taste and texture is desired strain out grains from finished product and refrigerate
- start the process over again

Finished product

Milk kefir is tangy like yogurt it may be used on its own or in smoothies. You can flavor it by blending with strawberries, cherries, blueberries, bananas etc. The flavor profiles are endless!!

Notes:

-the whole process will vary depending on the temperature of your house, doing periodic taste tests will allow you to judge your taste preferences

-over time your grains will proliferate!! You may share them with friends, add them to smoothies, eat them or add to compost!

Making water kefir!!

Supplies

- ½ gallon mason jar
- water kefir grains
- organic cane sugar, coconut sugar
- filtered water
- Concentrace, mineral drops (optional, can purchase on Amazon)
- plastic or wooden spoons
- plastic or stainless-steel strainer

Directions 1st fermentation

- Add hot water and ¼ cup of sugar to jar, allow to dissolve and cool for a bit
- Top up with cold filtered water
- If using, add a few drops of Concentrace
- Add 1 to 2 tbsp of water kefir grains
- Cover jar with plastic lid or coffee filter with elastic band
- Place jar in warm area of house, allow to ferment for 2 to 3 days
- When desired taste is achieved strain kefir grains and restart process

2nd fermentation

This is the process by which the water kefir can be flavored and becomes more fizzy. With the finished product from the 1st fermentation place the liquid in another jar or pressure safe bottle (grolsh style bottle) with either strawberries, blueberries, ginger, lemon etc. Again put the jar or bottle in a warm spot in the house and allow to ferment for another 24 hours. When done you may strain out the fruit or leave it in, place in refrigerator to chill.

Note:

- the whole process will vary depending on the temperature of your house, doing periodic taste tests will allow you to judge your taste preferences
- over time your grains will proliferate!! You may share them with friends, add them to smoothies, eat them or add to compost!