

# WATER KEFIR

These little water kefir grains are the ultimate diva...but dang, they make a delicious beverage!

SERVINGS	SERVING SIZE	TIME TO MAKE
4	8 FLUID OUNCES	5 MINUTES + FERMENT TIME

## INGREDIENTS

- 1/4 cup Water Kefir Grains
- 1/4 cup Sugar\*\*
- 32 Fluid Ounces, Water, Filtered

\*\*If using Coconut Water, use 2 Tablespoons of Cane Sugar per Quart of Filtered Water

## DIRECTIONS

1. Place the kefir grains in a glass container with a lid or cheesecloth/coffee filter, I love Fido jars for this ferment.
2. Add the milk
3. Cover the container with its respective lid (Fido jar), or cheesecloth/coffee filter and secure with a rubber band.
4. Leave on a counter at room temperature for 24-72 hours. The temperature will determine the ferment time. Ideally 65-75 degree F. A warmer environment will speed the ferment, cooler temp will lengthen the time.
5. Once the kefir is a little thicker in consistency, it's ready to strain the grains.
6. You can use a mesh strainer and place on top of a jar. Gently pour the kefir milk into the strainer covered jar. This action will collect the grains. You may need to remove the grains and place in another FIDO jar or fermenting jar if the grains have grown where you are capturing more than 1-2 Tablespoons (or a great gift for a friend/neighbor).
7. Once all the kefir grains are strained away and in your fermenting jar, repeat the process and add more sugar and filtered water. (or enjoy a second ferment below)
8. Enjoy!

## FLAVOR KEFIR -- SECOND FERMENT

1. If you want to add some flavor to your kefir, this is where it will work.
2. I love blending fresh, seasonal fruit and enjoying the varying flavors. Dried, candied and powdered fruits work really well
3. You can also add fresh, dried, or powdered fruits, veggies, spices and/or herbs. If you're using these, you'll want to make a "tea". So, heat up water and add the desired fruits, veggies, spices, and/or herbs to the water. Let it infuse for 3-5 minutes or until you've reached the desired taste. Remove, stir in 1 tsp of sugar (optional if you prefer it sweetened), mix well and let the flavored sweetened water cool to room temperature.
4. Add the "flavored tea" to the kefir water for its second ferment.
5. Cover the container, and let it sit out on the counter for 24-48 hours using dried ingredients in 65-76 degree F.
6. This will only last about 48 hours, so drink up!
7. Enjoy!

Nutritional Information per serving varies per ingredients used for second ferment, ferment time and temperature: 19 Calories, 0 grams Fat, 0 gram Saturated Fat, 0 mg Cholesterol, 2 mg Sodium, 5 grams Total Carbohydrates, 0 gram Fiber, 5 grams Sugar, 0 grams Protein, 0% Vitamin A, 0% Vitamin C, 1% Calcium, 0% Iron