

# MILK KEFIR

This is such a simple process to create your own kefir and receive all the health benefits at home!

SERVINGS	SERVING SIZE	TIME TO MAKE
4	4 FLUID OUNCES	5 MINUTES

## INGREDIENTS

- 1 Tablespoon Kefir Grains (not the powdered option, that's a different process)
- 16 fluid ounces (2 cups) Milk, optional fat %, I love 2%

## 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 milk.
8. Enjoy!

### Flavor Kefir

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. This will only last about 48 hours, so drink up!
3. You can also add dried fruits, spices and herbs, again, it won't last as long, about 48 hours.

4. You can use plain kefir in several other applications, check out a few I've listed as it's my go-to for many places that I use dairy.

Nutritional Information per serving: 64 Calories, 2 grams Fat, 1 gram Saturated Fat, 9 mg Cholesterol, 64 mg Sodium, 6 grams Total Carbohydrates, 0 gram Fiber, 6 grams Sugar, 4 grams Protein, 10% Vitamin A, 1% Vitamin C, 12% Calcium, 0% Iron

\*Nutritional Information based on 2% milk