



Water Kefir Grains STARTER CULTURE INSTRUCTIONS

You can make delicious water kefir at home!

Total time: 5-7 days **Active time:** 5-10 minutes every 1-2 days

Water kefir is unique in the world of cultured beverages: rather than developing tart or tangy flavors like most fermented foods, it stays sweet! After culturing, this sweet probiotic drink can be bottled to develop soda-like carbonation and effervescence.

YOU CAN DO THIS

Activating Water Kefir Grains

- 1 Prepare** sugar water: see the box →
- 2 Empty** the entire packet of dehydrated water kefir grains into the cooled sugar water.
- 3 Cover** the jar with a coffee filter or cloth secured by a rubber band and **culture** in a warm spot, 68°-85°F, for 3-4 days.
/ 68°-85°F ① 3-4 DAYS
- 4** After 4 days, the grains should be plump and translucent: they're ready to make kefir. **Strain out** the grains and **discard** the sugar water.

Making Water Kefir

- 1 Prepare** sugar water: see the box →
- 2 Add** the water kefir grains to the jar.

What You'll Need

- 1 packet of dehydrated water kefir grains (in this box)
- Water free of chlorine and fluoride (bottled spring water)
- Stainless steel pot
- Thermometer
- Glass jar or plastic container
- Cane sugar (avoid coconut sugar, maple sugar, etc.)
- Coffee filter or tight-weave cloth
- Rubber band
- Mesh strainer

PREPARING SUGAR WATER FOR KEFIR

- 1. Heat** ½ cup of water and **pour** it into a glass jar or plastic container.
- 2. Dissolve** ¼ cup of sugar in the water.
- 3. Add** 2½-3½ cups of room temperature water. The total volume now should be 3-4 cups of sweetened water.
- 4. Check** that the temperature of the water is 68°-85°F, and adjust as necessary.

AFTER ACTIVATING

To make larger batches, use 1 tablespoon of

WANT MORE?
Dozens of eBooks, videos, & expert tips on our website:
WWW.CULTURESFORHEALTH.COM

Flavoring & Bottling Water Kefir

Water kefir makes a great soda replacement. It can be flavored with fruit or juice and bottled to make a lightly carbonated probiotic beverage. This flavoring and bottling period is the **second fermentation**, as sugars from the flavoring feed the bacteria, producing more gases and resulting in a fizzy drink.



WHAT YOU'LL NEED

- ➔ Finished water kefir (grains removed)
- ➔ Flavoring (fruit, juice, etc.)
- ➔ Grolsch-style bottles or other tightly-sealed containers

INSTRUCTIONS

1. **Check** the bottles for cracks, as cracks will weaken the integrity of the bottle.
2. **Add** your desired flavoring to the bottle.

IDEAS FOR FLAVORING WATER KEFIR

Fruit Juice: Add ½ cup juice per quart of water kefir. For stronger juices, like lemon juice, reduce to ¼-½ cup.

Dried Fruit: Add and ferment for 2-3 days or up to a week.

Fresh Fruit: Add and ferment for no longer than 24 hours. For a stronger flavor, change out the fruit every 24 hours and ferment for up to a week.

3. **Fill** the bottle with water kefir, leaving about 1 inch of head space. Refrigerate now if you don't want carbonation.
4. **Close** the bottle securely and let it sit at room temperature for 24-72 hours or until your kefir carbonates. *In warm temperatures, burp the bottles once a day to avoid excess pressure buildup.*
5. If you desire a cold beverage, **refrigerate** the bottles.

Use caution when opening the bottles.

The contents are under pressure! Open them over the sink or outside. Put a

Questions? We can help!

Q *I rehydrated my water kefir grains, and there are no bubbles. Is that normal?*

A Yes. There may or may not be any bubbling with newly rehydrated grains. Follow the instructions for making the first batch even if there are no visible signs of culturing after 3-4 days of rehydration. Do not culture longer than 24-48 hours per batch.

If your starter isn't performing as expected, don't throw it away! Put a tight lid on your culture, store it in the fridge, and contact customer support: www.culturesforhealth.com



Q *It's been a few weeks and there still isn't bubbling. What can I do?*

A Water kefir may not be very bubbly when using a refined sugar. Try a darker sugar or supplement with minerals (check out our website for ideas). It is usually necessary to bottle finished water kefir in a tightly-sealed bottle to create carbonation.

WANT MORE?

We have dozens of recipes, how-to videos, and articles for beginners and water kefir pros on our website, www.culturesforhealth.com

Q *My water kefir looks cloudy. Is that normal?*

A Yes, it's normal for it to turn cloudy as it ferments.

Fermented foods often have a

sour but clean aroma and flavor.

Never consume anything that

WHAT'S THAT