

| Water Kefir

Pronounced keh-FEER is symbiotic grains of bacteria and yeast that ferment a specific liquid - in this case, a sugar-**water**-fruit liquid. It produces a mild, light and refreshing, slightly carbonated beverage.

Water kefir is typically composed of **Lactobacillus**, **Streptococcus**, **Pediococcus** and **Leuconostoc** bacteria with **yeasts** from Saccharomyces, **Candida**, **Kloeckera** and possibly other minor yeasts.

1. If you purchased dehydrated grains, follow instructions for rehydration. It will take a few rounds to get them going before the grains use up the sugar and the drink becomes Probiotic.
2. Shake up ¼- ½ cup of sugar and approximately 3c of filtered water in a wide-mouth quart-sized mason jar until dissolved. Leave an inch or two at the top to allow for the build-up of carbon dioxide.
3. Add in grains and close the lid. Some people use cheesecloth with the Mason jar band in lieu of the lid.
4. Leave the grains to ferment at room temperature for 2-3 days. It's good to taste a spoonful of the drink at 48 hours. If it is too sweet for your liking, let it go another day. It isn't recommended to go beyond 72-96 hours because the grains will weaken.
5. Strain your finished water kefir and place in smaller jars leaving 1 inch at the top of each jar. Take your grains and repeat steps 2 and 3.
6. With the smaller jars, add in fresh fruit, dried fruit, or whatever you choose to flavor it with. Leave about a half inch of head room in each bottle once the juice is added. You will end up adding approximately 1TBS of juice, or the equivalent of fruit.
7. Carbonate and refrigerate the Kefir: Store the bottled kefir at room temperature out of direct sunlight and allow 1 to 3 days for the kefir to carbonate. Until you get a feel for how quickly your kefir carbonates BE CAREFUL opening your bottles, they can fizz up and overflow. Once the kefir is fizzy to your liking, refrigerate to stop fermentation and carbonation process, and then consume your kefir within a month.

Supply list:

1. **1 large jar (1 quart)**
2. **Water Kefir Grains**
(<http://www.culturesforhealth.com/buy-water-kefir-grains.html>)
3. **Organic Sugar (no bleach or "purifiers")**
4. **Filtered water**
5. **Smaller jars or bottles for 2nd ferment (optional)**
6. **100% juice for second ferment (optional)**