



How to make Water Kefir

Equipment:

- 20 grams live water kefir grains (ratio kefirgrains : water = 1 : 10)
- 20 cl water = 7 fl oz (spring water, hard water preferably)
- a glass jar with a capacity of 1 liter = 33 fl oz
- a colander or sieve
- a breathable cloth, cheesecloth or coffee filter
- a rubber band
- a wooden spoon (optional)
- funnel for the filling (optional)
- storage container (optional)
- sugar (cane sugar preferably)
- raisins or apricots, dates or other dried fruit
- a lemon with or without skin (preferably organic lemon or lemon juice)

STEP 1: Dissolve 10 grams of sugar in a small amount of warm water 20cl. The sugar can be solved more easily in hot water. Leave to cool down to room temperature.

STEP 2: Add 20 grams of water kefir grains in a glass jar.

STEP 3: Pour the sugar solution from Step 1 into the jar and stir lightly.

STEP 4: You may add dried fruit, but if you just received your grains by mail, you better wait a few batches before starting with dried fruit.

STEP 5: Cover the jar with a breathable cloth and place the pot in a quiet place (at room temperature, out of direct sunlight), you stir the solution after 24 hours.

STEP 6: After about 48 hours the first fermentation is finished. Pour the contents of the jar (grains & beverage) empty in a colander above a bowl, the beverage is leaking through. The resulting beverage in the bowl is the Kefir. The beverage is ready to drink or you can first cool it down in the fridge.

Go back to STEP 1 to start a new batch:

Tips & advice: Avoid the use of detergents when cleaning the materials. Wash your hands before you start. Avoid the kefir grains come into contact with metal. You can use the indicated ratio to create proportionally larger or smaller batches. On our website you will find several tips and hints in the "Downloads" section.

Have fun with your homemade kefir.