



How to make Milk Kefir

Amenities:

- a colander or sieve (plastic)
- a glass jar with a capacity of 1 litre
- a breathable cloth, cheese cloth or coffee filter
- a rubber band
- a plastic or wooden spoon (optional)
- 15 cl fresh milk (up to 25 cl milk)
- 15 grams live milk kefir grains

Step 1: put the kefir grains in a strainer and rinse them briefly with water (rinse the grains for sure, if you have just received the grains by mail).

Step 2: put the kefir grains in a glass jar. Ratio: about 15 grams of milk kefir grains on 150 ml milk.

Step 3: cover the pot with a breathable cloth and close it off with a rubber band. Place the pot in a quiet corner at room temperature.

Step 4: after 18 to 24 hours is the drink become thicker, the drink is ready.

Step 5: place a colander or sieve over a mixing bowl. Pour the contents of the glass jar (grains & beverage) the colander, the kefir is leaking through the colander. In order to speed up the process of the leak, you can lightly squeeze the kefir grains with a wooden scoop or by hand. The resulting beverage in the mixing bowl is the milk kefir. Ready to drink or one can first let it cool down in the refrigerator.

GO back to Step 1:

Some tips: Wash the grains bottled water, beware of tap water it contains chlorine, chlorine can harm your kefir grains. Avoid using detergents when cleaning all materials. Wash your hands before you start. Avoid the kefir grains come into contact with metal. On our website you will find several tips and hints in the "Downloads" section.

Have fun with your homemade kefir.