



## Water Kefir Instructions:

Water kefir is a fermented probiotic beverage made with water kefir grains. Water kefir grains can be used to culture sugar water, juice, or coconut water.

**Ingredients:** Water Kefir grains, Sugar, mineral water

## Instructions

1. Strain the water from the package. (don't drink this water, as it will be over cultured)
2. Put the grains in a glass/ plastic container and add a pint of bottled mineral water (water should be cold/ cool)
3. If you use well water, please ensure that there is no salt/softeners added to the water.
4. Add 2 teaspoons of brown sugar to 500ml of water and stir.
5. Leave for 18 to 48 hrs - stirring at least once per day.
6. When you stir, you should see gas bubbles as you stir.
7. Once fermented ,strain the water away into a Glass, leaving the grains. You can drink this Water kefir.
8. Add new clean (mineral or cooled boiled) water and Brown Sugar to the grains.
9. Then and repeat the process over the next few days.
10. It will take the water kefir a bit longer to start growing. Its than milk kefir!
11. Once you have enough grains, you can start to add fruit to the mix.
12. Adding the fruit to the strained Kefir ensures that there is no fruit mixed with the grains.  
(Try adding a couple of slices of lemon, its makes a lovely drink.)

## What you will Need

- Glass or Plastic container
- Lid for the container, (coffee filter or tight-weave cloth (rubber band).
- Strainer (plastic), Plastic spoons.
- Brown sugar (organic cane sugar)
- Water free of Chlorine and fluoride

## IMPORTANT PRECAUTIONS

- Always use clean utensils
- Never wash the grains in chlorinated water. Chlorine will kill the grains!
- Keep the grains in temperatures at room temperature .Temperatures below freezing or above 40 will kill the grains.
- Do not use metal utensils (the grains will react with the metal)
- Keep the grains out of sunlight
- Do not starve your grains.
- Never squeeze or squash the grains.

*Please contact us if you have any further questions, as we are here to assist you on your food culturing journey.*

*Culture Foods Ltd. Clinstown, Stamullen, Co. Meath*

# Top Tips



## What type of sugar should I use?

The best sugar to use is unrefined. Sucanat or Brown soft sugar because it is less processed than other sugars and still contains minerals. Since kefir grains love minerals,

## What type of water should I use?

Water with a high mineral content. Bottled Spring are the best options.

The grains love trace minerals. Do not use council (treated) water as the chlorine and fluoride in it will prevent your grains from thriving.

## What if my grains are not producing bubbles:

Try changing the water type you are using (volvic usually is good)

# Quick Start Instructions



1. Open Kefir pack, and strain liquid from grains.

2. Get water and sugar prepared, add the sugar to the water



3. Add the sugar water to the grains

4. Add sugar water to Kefir grains.



5. Add sugar water to Kefir grains. Stir occasionally



6. After 18hrs, The Water should look lighter in colour. and ready to strain/drink. Repeat the process to ferment a new batch.