

How to Make WATER KEFIR

By: The Kefir Chicks

Water Kefir is a delicious, healthy drink teeming with **over 30** different strains of LIVE, raw probiotics, and it can easily be made by YOU right at home!

The Water Kefir Starter Kit contains enough culture to make 1 full quart of water kefir every 2 days. Once started, the Kefir Crystals can take up to two weeks to work optimally.

Equipment Needed

- 1 Glass, Quart Jar
- Jar Lid
- Plastic strainer (avoid metal)
- Wooden or Plastic Spoon for Mixing (avoid metal)

Ingredients

- ¼ cup Live, Active, Water Kefir Crystals OR 1 T. Dehydrated Water Kefir Crystals
- ¼ Cup of Organic Cane Sugar
- Spring, Well, or Filtered Water

Let's Begin - The Primary Fermentation

1. Dissolve ¼ cup of organic cane sugar in a small amount of water. You can use warm water for this step to dissolve the sugar faster. Add cool, “good” water to make a quart. Make sure the sugar is completely dissolved as the sugar crystals will harm the Water Kefir Culture.
2. Add ¼ cup of Water Kefir Crystals to the sugar water.
3. Cover the jar loosely with the lid. *Note: You can also use a kitchen cloth and a rubber band, but a loose-fitting lid keeps the bugs out and can help produce more fizz.*
4. Leave the jar on your counter for 48 hours. *Note: During the summertime when temperatures are warmer, fermentation speeds up, Water Kefir can take only 24 hours. During the wintertime,*

when temperatures are colder, fermentation time can take up to 72 hours. Optimum temperature for making Water Kefir is between 68 and 78 degrees.

The fermentation process will consume the sugars creating the probiotics, live enzymes, and fizz. After 48 hours, the Crystals will have completely or almost completely consumed all of the sugar.

5. Time to strain! Get another quart jar ready. Using your plastic strainer, strain the fermented Water Kefir through it into your second quart jar. The Water Kefir Crystals will be in your strainer. Set them aside to start the primary fermentation again beginning with Step 1 above.

Note: The Water Kefir Crystals are to be used over and over and over again!

You now have a quart of unflavored Water Kefir!

The Secondary Fermentation - Flavoring your Water Kefir (Optional, but recommended!)

You can enjoy your unflavored Water Kefir as is, but flavoring it is so much fun.

We think that Water Kefir tastes so much better with additional flavor, nutrition, and fizz!

What you will need:

Fruits, Roots, Fruit Juices, Teas, Herbs, or a combination of any or all of these! Add these to your unflavored Water Kefir, and set on your counter for another 24 hours. Flavors will be infused. After 24 hours, you can strain and refrigerate your flavored Water Kefir.

Fruits: Fresh, frozen, or dried fruits can be used to flavor your Water Kefir. Slice organic Strawberries, Mangos, Peaches, Pineapple, Kiwi, Fresh Berries, Grapes, etc., and float them in your unflavored Water Kefir.

Roots: Slice or grate Ginger, Turmeric, Sarsaparilla, Sassafras, etc. into your unflavored Water Kefir.

Fruit Juices: Add up to ¼ cup of organic Fruit Juice of choice.

Teas and Herbs: Hibiscus, Chamomile, Lavender, Spearmint, Matcha, Basil, etc. Make a concentration of tea or herb of choice, and add it to your unflavored Water Kefir. *Note: You can use water or just float the tea or herb in your Water Kefir.*

During the secondary fermentation, active fermentation will continue to consume even the fruity natural sugars, and carbon dioxide will be produced. Carbon dioxide = BUBBLES! We like to say that, since water kefir is a living drink, each jar has a personality of its own! Don't hesitate to make up new flavor combinations and experiment leaving it on your counter for longer than 24 hours to pick up any additional fizz you might be looking for. Refrigerate then ENJOY!!!

Resting and Feeding your Water Kefir Crystals

(So you can go on vacation once in a while!)

Resting: It is good to rest your Culture at least twice a month. There are two ways that we have done this. This is also a way to go on vacation without having to take your Crystals with you!

1. Fill your jar with sugar water. Put the Crystals in, and refrigerate for up to 2 weeks. OR
2. After straining your Crystals, put it into a small plastic bag (without water or sugar), and refrigerate for up to 2 weeks.

Tip: *If you have excess Culture, you can dehydrate it. Put it into a dehydrator, at the lowest setting, until the Culture has fully dried.*

Feeding: Water Kefir Crystals benefit from feeding them periodically. We have done this in various ways. These methods can also help your culture grow.

- Every 48 hours, when straining your Water Kefir, you can add 5 to 10 unsulfured raisins and a pinch of baking soda. *The raisins add additional mineral content, and the baking soda adjusts the pH.* OR
- Twice a month or so, add ½ teaspoon of organic, blackstrap molasses and a slice of organic lemon to your quart of Water Kefir. *The molasses adds additional mineral content, and the lemon slice adjusts the pH.* OR
- Twice a month or so, add ½ teaspoon Concentrace Trace Minerals and a slice of lemon or a pinch of baking soda to your quart of Water Kefir.

Tip: *If your Crystals grow, you can take turns using and resting two sets of them.*

Example: While you are actively fermenting a quart of Water Kefir using ¼ cup of Water Kefir Crystals, you can be resting ¼ cup of Water Kefir Crystals in the refrigerator...for up to 2 weeks. When your “working” Culture is ready for a rest, swap them out with your already resting Culture.

If you have any questions, don't hesitate to contact us at:

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HAPPY KEFIRING!

Kathy & Haley

The Kefir Chicks

Recipes!

Add these flavors to your unflavored Water Kefir for the secondary fermentation!

Strawberry/Lemonade Water Kefir

Add 1 Tablespoon of Organic lemon juice

Add 3 large, sliced, organic strawberries

Mixed Berry

Add a combination of organic strawberries, blueberries, and raspberries

Orange/Pineapple

1 Tablespoon of organic orange juice

2 Tablespoons of organic pineapple juice

Lemon/Ginger

Slice $\frac{1}{4}$ of a knuckle of ginger root

Add 1 Tablespoon of organic lemon juice

Pomegranate Mint

2 - 4 Tablespoons of organic pomegranate juice

Crushed, fresh, spearmint leaves

Elderberry

1 Tablespoon dried, organic elderberries or your own elderberry syrup

Just Plain 'Ol Strawberry (Our personal favorite!)

3 to 5 organic, frozen or fresh strawberries