MILK KEFIR GRAINS

[CARE GUIDE]

Use the following milk-to-grain ratio. Use fresh/pasteurised milk, clean hands and a clean glass jar.

ferment it. love it.

INGREDIENTS

1-2 Tbsp milk kefir grains
750 ml milk

STEPS

1. Place the grains in the jar and add the measured fresh milk.
2. Cover loosely so gas can escape, then leave away from direct sun at room temperature.
3. Check for gentle thickening and a pleasantly tangy aroma. A little whey separation can be normal. The milk and grains may be gently stirred 1-2 times a day for an even fermentation.
4. After 1-2 days strain into a clean container without crushing the grains.
5. Refrigerate the finished kefir and place the grains into fresh milk for the next batch.