WATER KEFIR GRAINS

[CARE GUIDE]

Use the following quantities and feeding rhythm. Clean tools, fully dissolved sugar and water give the culture a steady start.

ferment it. love it.

INGREDIENTS

1 Tbsp water kefir grains
750 ml water
60 g sugar

optional: 30 g dried fruits and juice of 1/2 lemon

STEPS

1. Take a clean glass jar and dissolve the measured sugar in water (water at room temperature).

   Optionally add the dried fruits and lemon juice.

2. Add the water kefir grains and stir gently. Cover with a clean breathable cloth secured at the rim.

3. Leave at a comfortable room temperature, out of direct sun. Begin checking after about 24 hours. The first fermentation will take 1-3 days depending on the room temperature and your taste preferences.

4. Strain the drink into a clean bottle and place the grains straight into fresh sugar water.

5. Refrigerate the finished water kefir. Optional flavouring and extra fizz belong in a separate second ferment at room temperature.