



How to Activate Dehydrated Milk Kefir Grains

STEP 1: put the dried kefir grains in a glass jar and add 15cl (5fl oz) of fresh milk.

STEP 2: after 24 hours, pour everything into in a sieve. Rinse the kefir grains with water and them put back into a clean jar.

STEP 3: pour 15cl of fresh milk over the kefir grains.

STEP 4: do the above cycle for 5 to 7 days.

STEP 5: after a certain period, you will notice that the milk begins to thicken.

STEP 6: if you find that the milk is thickened, the taste is sour and the view of the beverage is normal, the activation of the kefir grains went well. You will also notice that the kefir grains have become more spongy.

STEP 7: you can now use the traditional manual for the production of milk kefir. All manuals are available for download at the Kefirshop.eu.

Tips & advice :

- It may take two to five weeks before the kefir grains begin back to grow.
- The time it takes for the grains to rehydrate fully depends on the temperature and other environmental factors.
- Under certain circumstances, it may take 2 to 4 weeks before the kefir grains begin making kefir. Please be patient during this process.
- Choose a quiet place. An ideal place has to be relatively warm. Temperatures between 20 ° and 22 °C are ideal. A lower temperature will slow down the process, so it will take longer for the kefir grains to activate.
- Cover the pot with a breathable cloth, put a rubber band around it. And this in order to keep the fruit flies away.

Conversions : 15 cl = 5 fluid ounce, 20°C = 68°F