



## How to Activate Dehydrated Water Kefir Grains

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STEP 1: dissolve a tablespoon of sugar in 25 cl (9 fl oz) of water. The sugar will dissolve better in hot water, allow the solution to cool down to room temperature.

STEP 2: put the dehydrated kefirgrains into a jar and add the sugarwater to it.

STEP 3: after 48 hours, pour everything into a strainer, take out the kefir grains and put them back in a clean jar.

STEP 4: make again a mixture like in STEP 1, pour the sugarwater over the dehydrated grains.

STEP 5: do this cycle for about 5 to 7 days.

STEP 6: after a certain period, you will notice that the mixture smells a little like vinegar and yeast. you'll also notice the kefir grains became more soft, gummy and transparent. Signs that activating the kefir grains went well.

STEP 7: you can now use the traditional manual for the production of water 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 and safe place. An ideal place 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 : 25 cl = 9 fluid ounce, 20°C = 68°F