

# How to make Milk kefir

1

Put the kefir grains into a jar



2

Pour fresh milk on the kefir grains



*1 part kefir grains  
on 10 parts of milk*



3

After ~ 24 hours  
pour everything  
into a sieve  
over a bowl



*Press the kefir grains  
lightly with a spoon*

4

The kefir is ready  
to drink  
Add fruit or sugar



[www.kefirshop.eu](http://www.kefirshop.eu)