



How to make Milk Kefir

Equipment:

- 15 cl fresh milk (= 5 fl oz)
- 15 grams live milk kefir grains (*ratio kefirgrains : milk = 1 : 10*)
- a colander or sieve (plastic)
- a glass jar with a capacity of 1 litre (= 33 fl oz)
- a breathable cloth, cheese cloth or coffee filter
- a rubber band
- a plastic or wooden spoon (optional)

STEP 1: put the kefir grains in a strainer and rinse them briefly with water (rinse the grains for sure, if you have just received the grains by mail).

STEP 2: put the kefir grains in a glass jar and pour the milk onto the kefir grains.

STEP 3: cover the pot with a breathable cloth and close it off with a rubber band. Place the pot in a quiet corner at room temperature.

STEP 4: after about 24 hours the beverage became thicker, the beverage is ready to harvest.

STEP 5: place a colander or sieve over a mixing bowl. Pour the contents of the glass jar into the colander, the beverage is leaking through. In order to speed up the process of the leak, you can lightly squeeze the kefir grains with a wooden scoop or by hand. The resulting beverage in the mixing bowl is the milk kefir. Ready to drink or you can first let it cool down in the refrigerator.

Go back to STEP 1 to make a new batch:

Tips & advice:

When you want to rinse the kefir grains, beware of tap water it contains chlorine, chlorine can harm your kefir grains. Avoid using detergents when cleaning all materials. Wash your hands before you start. Avoid the kefir grains come into contact with metal. On our website you will find several tips and hints in the "Downloads" section.

Have fun with your homemade kefir.