

Kefir Water

Basic recipe: 1 gallon bottle

Mix: 2 cups organic cane (raw) sugar and water leaving enough room for grain start. Stir until sugar is dissolved.

Add 2 cups Kefir grains. Stir.

Add 3 slices lemon and a half of a free range chicken egg shell (wash it out). Can also add a few raisins, as well.

Cover bottle with coffee filter or cheese cloth and set on counter for 48 hours.

After 48 hours:

Take off cheesecloth/filter. Place lemons and egg shell on plate. (They can be reused 2-3 times. The egg shell will get soft or disintegrate a bit, then you'll know to get a new one. The lemons will sink to the bottom if they aren't good. I use mine at least twice before discarding and adding new ones.)

Then you can either strain the juice into your jars/bottles and drink it, or you can do the 2nd ferment which gives it more flavor and fizz.

For 2nd ferment, get a gallon glass jar or pitcher. Put in 1 container of 100% frozen juice concentrate. (Must be all natural, no high fructose corn syrup), then pour the kefir mixture through a fine mesh strainer (OR can line it with cheese cloth for fine particles). Place the grains in a glass bowl or measuring cup. Stir until the fruit juice is blended.

Pour into jars/bottles. Tighten lids, then put on shelf for 12 – 18 hours. Then place in fridge.

*Caution: twist lid slowly and wait for fizz. Depending on how it ferments, it can explode like a pop.

Store in fridge.

Then start the process again by mixing sugar, water and grains.

Tips:

Use all glass items. (no metal) Stir with a wooden spoon.

Don't wash bottles with soap between uses. Just rinse with water or use white vinegar.

Need to use filtered or natural spring water. (no chlorine or flouride). Natural spring water is best because the grains grow better with minerals.

*When you are starting out, you will probably start with half this amount. As your grains grow, you can increase to doing a full gallon if your family will drink all that in a week, or you can put the grains in another jar and put sugar water on it (1/4 C sugar to 1 qt water). I like to mix the grains up because they are social and will grow better when new friends come to play. ;)