



CULTURES for HEALTH

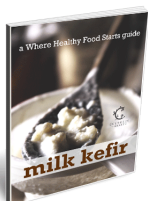
WATER KEFIR GRAINS

BEFORE YOU GET STARTED

- This box contains 1 packet of dehydrated water kefir grains. The grains should be activated before use. Store in refrigerator until ready to activate.
- **If at any point you have questions or concerns about your culturing process, contact Customer Support before discarding anything.**
- **Use unchlorinated, unfluoridated water.**

INSTRUCTIONS FOR ACTIVATING WATER KEFIR GRAINS

- 1 Heat 3-4 cups water.
- 2 Pour into glass jar.
- 3 Dissolve ¼ cup cane sugar in the water.
- 4 Cool to 68°-85°F.
- 5 Empty entire packet of dehydrated water kefir grains into cooled sugar water.
- 6 Cover with a coffee filter or cloth secured by a rubber band.
- 7 Place in a warm spot, 68°-85°F, for 3-5 days.
- 8 After 5 days grains should be plump and translucent. They are now ready to make water kefir. Strain the sugar water off and discard it.



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SOURDOUGH, KOMBUCHA, AND MORE.

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INSTRUCTIONS FOR MAKING WATER KEFIR

- 1 Heat 3-4 cups water. To make larger batches, use up to 8 cups water.
- 2 Pour into glass jar.
- 3 Dissolve ¼ cup cane sugar per quart of water.
- 4 Cool to 68°-85°F.
- 5 Add water kefir grains.
- 6 Cover with a coffee filter or cloth secured by a rubber band
- 7 Place in a warm spot, 68°-85°F, for 24-48 hours.
- 8 After culturing is complete, prepare a new batch of sugar water, (steps 1-4 above).
- 9 Separate kefir grains from the finished water kefir.
- 10 Place kefir grains in the new batch of sugar water.
- 11 The finished water kefir is now ready to consume, flavor, or store in the refrigerator.

- Avoid aluminum utensils when making water kefir. Stainless steel is acceptable.
- For instructions on flavoring and bottling, please visit our website.
- Before bottling water kefir, carefully inspect the bottles for cracks, as cracks can weaken the integrity of the containers. We also recommend “burping” the containers daily during the second fermentation to release excess pressure.
- Fermented foods often have a sour but clean aroma and flavor. Never consume anything that smells or tastes unpleasant.

For additional tips, troubleshooting, how-to videos, and recipes using water kefir, please visit our website.

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