



MILK KEFIR STARTER KIT

Quench your probiotic thirst with homemade milk kefir! This kit makes it easy.



What You'll Need

IN THIS KIT:

- ➔ Milk Kefir Grains
- ➔ Thermometer
- ➔ Nylon mesh strainer
- ➔ Butter muslin (jar cover)

YOU SUPPLY:

- ➔ Pasteurized whole milk
(avoid ultra-pasteurized and UHT)
- ➔ Glass jar or similar container

➔ Go to **culturesforhealth.com/8048**
for step-by-step photo tutorials and videos!



Find these instructions & more online:
culturesforhealth.com/8048

Step-by-Step Instructions

1 ACTIVATE THE STARTER CULTURE



Stick the thermometer to your glass jar. **Cut** a small piece of butter muslin to use as a jar cover. **Follow** the instructions inside the Milk Kefir Grains box to **activate** your grains.

2 MAKE MILK KEFIR



Continue following the instructions to make milk kefir daily. Try our kefir recipes and find expert tips:

→ [Culturesforhealth.com/kefir](https://culturesforhealth.com/kefir)

Recipe: Kefir Cheese

Kefir cheese is a tasty way to use up an over-abundance of kefir or strong-tasting, over-cultured kefir.

- 1. Line** a large bowl with butter muslin. **Pour** in 4+ cups of kefir. **Tie** the ends of the muslin together, making a sack.
- 2. Hang** the sack to drain (a cabinet handle works well) into the bowl. **Drain** 6-8 hours for spreadable cheese or up to 24 hours for harder cheese.
- 3. Flavor** with salt and herbs, to taste, as desired.

SHARE YOUR PROJECT: #YouCanDoThis

