



# CULTURES for HEALTH

## MILK KEFIR GRAINS

### BEFORE YOU GET STARTED

- This box contains 1 packet of dehydrated milk kefir grains, in a small amount of organic dry milk powder. The grains should be activated before use. Store in refrigerator until ready to activate.
- If you wish to use raw milk to make milk kefir, please visit our website for detailed instructions.
- **If at any point you have questions or concerns about your culturing process, contact Customer Support before discarding anything.**
- **Avoid using ultra-pasteurized or UHT milk.**

### INSTRUCTIONS FOR ACTIVATING MILK KEFIR GRAINS

- 1 Empty the entire packet of dehydrated milk kefir grains into 1 cup fresh cold pasteurized milk.
- 2 Cover with a coffee filter or cloth, secured by a rubber band.
- 3 Place in a warm spot, 68°-85°F, to culture.
- 4 Check the milk frequently. If, after 24 hours, the milk has not thickened, separate the grains and put them into 1 cup fresh milk.
- 5 Repeat steps 3 and 4 until you notice the milk has thickened or separated into curds and whey at any point up to 24 hours.
- 6 Once the milk has thickened, separate the grains, put them into 1½ cups fresh milk, and place in a warm spot, 68°-85°F, to culture.
- 7 Continue changing the milk when thickened, increasing by ½ cup milk per batch, up to 4 cups maximum.

NOTE: If milk continues to separate into curds and whey, continue increasing the volume, reduce the culturing time, and find a cooler spot for culturing.

- 8 Once the kefir aroma is sour but pleasant, and the kefir is slightly thicker than milk, the grains are activated. Continue with **Instructions for Making Milk Kefir**.

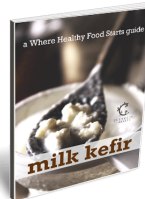
NOTE: At any stage during the activation, if the finished product smells and tastes pleasant, it may be consumed or used in recipes. Finished product with an unpleasant aroma or flavor should be discarded after the grains have been removed.

### INSTRUCTIONS FOR MAKING MILK KEFIR

- 1 Transfer the kefir grains to up to 4 cups of fresh milk.
  - 2 Cover with a coffee filter or cloth secured by a rubber band.
  - 3 Place in a warm spot, 68°-85°F, to culture.
  - 4 Culture until milk is slightly thickened and aroma is pleasant, generally 24 hours.
  - 5 After culturing is complete, separate the kefir grains from the finished kefir.
  - 6 Place the kefir grains in a new batch of milk.
  - 7 Store the finished kefir in the refrigerator.
- Avoid aluminum utensils when making milk kefir. Stainless steel is acceptable.
  - 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 milk kefir, please visit our website.**

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