KEFIR STARTER

BEFORE YOU GET STARTED

• This box contains 2 packets of freeze-dried kefir starter culture. Each packet will culture 1 quart of milk, juice, coconut milk, or coconut water.

• Store extra packets in the freezer until ready for use.

• 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 MAKING KEFIR

1 Pour 1 quart milk, juice, coconut milk or coconut water into a glass or plastic container. If using a refrigerated liquid, heat to 70°-75°F.

2 Add 1 packet kefir starter culture and stir gently until the culture is fully dissolved.

3 Cover with a coffee filter or cloth, secured by a rubber band, and place in a warm spot, 72°-74°F, for 12-16 hours.

4 Cover finished kefir with a tight lid and store in the refrigerator.

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INSTRUCTIONS FOR RE-CULTURING KEFIR

Kefir may be re-cultured a few times before a new starter packet is needed.

1 Pour 1 quart milk, juice, coconut milk or coconut water into a glass or plastic container. If using a refrigerated liquid, heat to 70°-75°F.

2 Add ¼ cup prepared kefir from the previous batch.

3 Cover with a coffee filter or cloth, secured by a rubber band, and place in a warm spot, 72°-74°F, for 12-16 hours.

4 Cover finished kefir with a tight lid and store in the refrigerator.

• 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 kefir, please visit our website.