



## Water Kefir Culture Instruction Manual

### Ingredients

- 1-2 Spoon Live active kefir grains
- 200 ml clean drinking water
- 2 table spoon Sweetener (Organic jaggery powder or Organic White sugar)

## **Equipments Required**

- Glass jar
- Cloth Piece - Breathable cover for the jar such as a tight-weave towel, butter muslin, paper towel, or paper coffee filter.
- Rubber band - Band to secure the cover to the jar
- Plastic Strainer - A fine mesh plastic strainer for removing the kefir grains from the finished kefir
- Wooden or Plastic Spoon to separate kefir grains and kefir water

## **INSTRUCTIONS FOR MAKING WATER KEFIR**

- Add clean water to the glass jar. Add sweetener and swirl it until dissolved.
- Transfer the active kefir grains from the container to the Glass Jar. Give a gentle stir in a plastic spoon.
- Cover with a clean cloth secured by a rubber band.
- Place in a warm spot, 68°-85°F, to culture. (example: Kitchen top)
- Culture until the sweetness is reduced. This generally takes 24-36 hours, but can take less time in warmer temperatures, so keep an eye on your grains.
- Once it is ready, separate the kefir grains from the finished kefir. Place a bowl, transfer the finished Kefir water into double mesh nylon strainer. The kefir grains remains in the strainer, kefir water passes to the bowl below.
- Place the kefir grains in a new batch of water and sweetener.
- Store the finished kefir in the refrigerator.

## **Instructions to Prepare Coconut Water Kefir -**

### **Equipments -**

- Big mouth Glass jar which can hold 1 or 2 liters of Coconut water.
- A cloth to cover the jar mouth to avoid insects and dust.
- Rubber band to tighten the cloth.
- Plastic Seive and wooden spoon / plastic spoon.

## **Ingredients –**

- 2 or 3 Tablespoon of water kefir grains or coconut water kefir grains.
- 1 or 2 Tablespoon organic sugar (Optional)
- 1 or 2 liters of clear (sieved) coconut water.

## **How to prepare Coconut water kefir ?**

- Pour clear and fresh coconut water to the glass jar. It is recommended to sieve the coconut water while pouring to the jar.
- If needed, add some organic sugar to the coconut water and stir well. This will help the bacterias and yeast to enjoy and nourish itself. (Do not worry about sugar content, the sugar is consumed by the bacterias, and you will know this after fermentation, the sugar disappears).
- Add the kefir grains.
- Cover the mouth of the jar with a clean cloth and fasten the rubber band tightly to avoid insects and dust.
- Ferment for 24-48 hours. The grains may move around, sometime it is settled in the bottom. You can see some small bubbles in the top layer, sometimes no.
- After fermentation separate the kefir grains and kefir water using the plastic strainer provided. Refrigerate the ready coconut kefir water in a glass bottle with air tight lid and consume it.
- Rest the kefir grains in organic sugar water or jaggery water for 24 hours before making a next batch of coconut water kefir.
- (Please note: If you don't want to use the kefir grains for a week or two, rest the kefir grains in the organic sugar water or jaggery water and keep in fridge (not freezer). Add

air tight lid to store in fridge.

## **Other Instructions -**

### **HOW TO FLAVOR WATER KEFIR – (Optional)**

**Source: CulturesForHealth.com**

Water kefir - its a wonderful fermented beverage, but does not have a particularly strong taste on its own. Flavor it though... and it is amazing! Once you've made your first batch of water kefir try one of these flavor ideas to give it an extra kick!

If you're looking to add a carbonated zing to your beverage, you may need to bottle your water kefir for a second fermentation. You can also create your own flavor combinations with fruit, juices, herbs, and spices

#### **1. Water Kefir Lemonade**

- Make water kefir and remove the kefir grains.
- Add ¼ cup lemon juice to each quart of water kefir. Serve cold.

#### **2. Orange Zest Water Kefir**

- Add the kefir grains and several strips of organic orange zest (not the juice) to a standard batch of sugar water.
- Culture 24-48 hours.
- Remove and discard the orange zest.
- Remove the kefir grains and serve the finished water kefir cold.

#### **3. Cream Soda Water Kefir**

- Make water kefir and remove the kefir grains.
- Add 2-3 teaspoons vanilla extract per quart of water kefir. Serve cold.

#### **4. Blueberry-Pomegranate Water Kefir**

- Make water kefir and remove the kefir grains.

- Add ½ cup blueberry-pomegranate juice per quart of water kefir. Serve cold.

### **5. Raspberry Juice Water Kefir**

- Add kefir grains to 1-2 quarts of organic raspberry juice.
- Culture 24-48 hours.

NOTE: A longer fermentation period will yield a higher alcohol content due to the amount of sugar in the juice. Please use good judgment when serving cultured juice to children.

### **6. Fruit Flavored Water Kefir**

- Make water kefir and remove the kefir grains.
- Add fresh or dried fruit to the water kefir. If using fresh fruit, change the fruit out every 24 hours. Dried fruit can be changed out as infrequently as once a week.
- Culture the fruit and kefir for 1-7 days.
- Remove and discard the fruit.

NOTE: Avoid adding fruits to the water kefir with the grains, as some fruits may be damaging to the grains. Slices of organic lemon or organic raisins with no added oil are the only exceptions and may be added to the initial ferment with the grains.

### **7. Grape or Apple Juice Water Kefir**

- Add kefir grains to 1-2 quarts of organic grape or apple juice.
- Culture for 24-48 hours.

NOTE: A longer fermentation period will yield a higher alcohol content due to the amount of sugar in the juice. Please use good judgment if serving cultured juice to children.

### **8. Water Kefir “Soda”**

- Make water kefir and remove the kefir grains.
- Combine four parts water kefir and one part fruit juice to an air-tight bottle such as a flip-top bottle.
- Culture 24-72 hours at room temperature before refrigerating.

Use caution when opening the bottle!

## 9. Herbal Infusion Water Kefir

- Make water kefir and remove the kefir grains.
- Mix 1 part finished water kefir to 1 part herbal infusion (e.g., nettle leaf, red raspberry leaf, etc.).

To make herbal infusions, combine a handful of fresh or dried herbs with one quart boiling water. Allow the herb and water mixture to sit for 6+ hours. Cool completely prior to mixing with finished water kefir.

## 10. Coconut Milk Kefir

- Add ¼ cup water kefir (finished kefir, not the water kefir grains) to 2-4 cups coconut milk.
- Cover loosely and culture for 24 hours.

## FAQ : (Source - CulturesForHealth.com)

- **What are water kefir grains?**  
Water kefir grains consist of bacteria and yeast existing in a symbiotic relationship. The term "kefir grains" describes the look of the culture only. Water kefir grains contain no actual "grains" such as wheat, rye, etc.
- **What ingredients go into making water kefir grains?**  
Our water kefir grains are grown in filtered water and organic jaggery powder.
- **Does water kefir have the same benefits as milk kefir?**  
Water kefir contains fewer strains of bacteria and yeasts than milk kefir. On the other hand, water kefir contains far more than other cultured products, like yogurt or buttermilk.
- **I want to consume milk kefir but I'm allergic to dairy. Is water kefir a good alternative?**  
Yes! Water kefir contains no dairy and are grown in filtered water and organic sugar.

- **Does water kefir contain gluten?**  
No, water kefir grains do not contain gluten.
- **Are water kefir grains reusable?**  
Yes, water kefir grains are reusable. Once a batch of water kefir is finished culturing, simply remove the water kefir grains and place them in fresh sugar water, juice, or coconut water. (Although reusable, it is not advisable to use your only set of grains in juice/coconut water, as this can be very hard on them. It's best to use a separate set of grains.)
- **How long do water kefir grains last?**  
If cared for properly, water kefir grains have an unlimited life span and can be used repeatedly to make water kefir.
- **How long does it take to make water kefir?**  
Water kefir generally takes 24-48 hours to culture. The exact time will vary depending on environmental factors, the most important of which is temperature. Allowing the water kefir grains to culture for longer than 48 hours puts you at risk of starving the grains and potentially damaging them.
- **How will I know if I've successfully made water kefir? How do I know if I shouldn't drink it?**  
The liquid may lighten in color and turn cloudy. The flavor may become less sweet and it may have a slightly tangy or sour aroma and flavor. We always recommend that you refrain from consuming anything that looks, smells, or tastes unpleasant.
- **What does water kefir taste like?**  
The taste of finished water kefir varies greatly, depending on the sugar used and the culturing time. Water kefir can be fairly sweet and may have a flat taste unless bottled. Most people prefer to add flavoring to water kefir before consuming.
- **How long can I store the water kefir in the refrigerator?**  
Finished water kefir can be stored as follows:  
At room temperature (68° to 78°F): 3 to 4 days  
In the refrigerator (40° to 45°F): 2 to 3 weeks

In the freezer (0° to 25°F): 1 to 2 months or longer

Storage recommendation: Refrigerate

- **Do I need to rinse the water kefir grains off between batches?**  
No. There is no need to rinse the water kefir grains between batches, and regular rinsing may be detrimental to the health of the water kefir grains.
- **Do I need to wash the jar/container between batches of kefir?**  
We recommend using a clean container for each batch of water kefir.
- **Can I use a plastic container to brew water kefir and plastic bottles to store it?**  
Theoretically food-grade plastic shouldn't cause any damage to the culture but we always recommend glass when working with starter cultures, due to the potential of plastic to leach undesirable chemicals.
- **Can I add flavoring to water kefir while it's culturing?**  
We do not recommend adding fruit or other flavoring to the water kefir with the grains. Some fruits and other flavoring may be damaging to the water kefir grains.
- **Can I use juice to make water kefir?**  
Yes, some fruit juices can be used to make water kefir. However, using water kefir grains in juice and then moving them to sugar water may result in unpleasant-tasting water kefir. We recommend maintaining two sets of water kefir grains instead, one for juices and one for sugar water. Alternately, add juice as flavoring after the grains have been removed.
- **Can I use coconut water to make water kefir?**  
Yes, coconut water can be used to make water kefir. Alternate coconut water batches with sugar water batches to keep the grains healthy.
- **Can I use honey to make water kefir?**  
We do not recommend using honey to make water kefir.
- **What type of sugar should I use to make water kefir?**



A number of kinds of sugar can be used to make water kefir, however we do not recommend making water kefir with honey, molasses, or sugar substitutes like agave, stevia, monk fruit, or Splenda. These can either be damaging to water kefir grains or not provide them with the proper "food" to survive.

- **Do I need to add sugar if I'm using juice to make water kefir?**

No, there should be enough sugar in the juice to feed the water kefir grains.

- **How much sugar does finished water kefir contain?**

The remaining sugar in finished water kefir will vary depending on ingredients used and culturing conditions. Generally speaking, water kefir cultured for 48-hours will result in less remaining sugar than water kefir cultured 24-hours under similar conditions.

- **What type of water should I use to make water kefir?**

Use water as free from contaminants as possible, for the health of the water kefir grains. You can use clean well water, municipal water (boil and cool down) or bore well water (RO).

- **Will water kefir grains multiply?**

Water kefir grains are known to multiply, but at times they are reluctant to do so. Even if they do not multiply, with proper care, water kefir grains can be used repeatedly to brew water kefir.

- **Can I use a metal strainer with my water kefir grains?**

While a plastic mesh strainer is preferred, stainless steel is acceptable. Avoid all other types of metal when working with water kefir grains.

- **My water kefir grains are multiplying rapidly. Is there a point at which I must remove some of the grains?**

We recommend using 3-4 tablespoons of water kefir grains to culture 1-2 quarts of sugar water. More grains cause the culturing process to progress very quickly, so it is best to remove any amount above 4 tablespoons, to avoid over-culturing and to impart the best flavor.

Extra water kefir grains can be used to culture another jar of water kefir, shared with friends, eaten, blended into smoothies, or dried and stored in a sealed container in the

fridge as backup.

- **Can I keep my water kefir grains in a bag instead of letting them float free?**  
The water kefir grains may be contained in a muslin bag. Be sure the bag is submerged in the sugar water. If it floats it can mold.
- **Should I add things like ginger juice, eggshell, and baking soda to my water kefir grains to keep them healthy?**  
If you are using a quality water and sugar source, additives should not be necessary.
- **How do I take a break from making water kefir?**

#### SHORT BREAKS, UP TO 3 WEEKS

- Add water kefir grains to 1 quart fresh sugar water ( $\frac{1}{4}$  cup sugar dissolved in 1 quart water).
- Put a tight lid on the container and place in the refrigerator (when storing the grains, if possible the sugar water should be changed out each week). The water kefir grains should be safe and healthy for up to 3 weeks.
- When ready to make water kefir again, separate the grains from the storage liquid, place in fresh sugar water, and culture as usual. It may take a couple of batches for the grains to wake up and get back to work.
- The storage liquid should be fine to consume, as long as it has a pleasing aroma and flavor.

#### LONG BREAKS, UP TO 6 MONTHS

- If a longer break is required, we recommend drying the water kefir grains.
- Rinse grains thoroughly with filtered water
- Lay them on a piece of unbleached parchment paper in a safe location.
- Dry at room temperature for 3 to 5 days, depending on humidity and room temperature. Or, use a dehydrator as long as the grains do not get heated above

85°F.

- Once the kefir grains are fully dry, store in a ziploc bag in the refrigerator for up to 6 months.
- When ready to make water kefir again, rehydrate the grains according to the instructions that came with the culture originally,