

## **\*\*Water Kefir Instructions:\*\***

### **\*\*1. ACTIVATION:\*\***

- Once received, ferment the water kefir grains promptly. If not possible, activate them before the use-by date and store in the fridge until ready to use.

### **\*\*2. EQUIPMENT:\*\***

- Use glass containers for brewing and straining to maintain cleanliness. Stainless steel utensils can be used briefly, but avoid prolonged contact with acidic water kefir.
- Invest in a water filter to remove chlorine from tap water or use non-chlorinated water/coconut water.

### **\*\*3. INGREDIENTS:\*\***

- Water kefir requires only water/coconut water and sugar. Cane sugar is recommended, but white and beet sugar can be used. Avoid dark refined sugars or unrefined brown sugar.
- For first fermentation, use 1 tablespoon of sugar per 20g of water kefir grains.

### **\*\*4. ACTIVATING THE GRAINS:\*\***

- Add grains to a jar with non-chlorinated water, and stir in 1 tablespoon of sugar per 20g of grains.
- Leave the jar covered for 48 hours at room temperature to activate the grains.

### **\*\*5. FIRST FERMENTATION:\*\***

- In a glass jar, combine water/coconut water with sugar (1 tablespoon per 20g of grains) and stir until sugar dissolves.
- Add the water kefir grains to the mixture and cover the jar.
- Ferment at room temperature (20c) for 48-96 hours (adjust for colder climates).

### **\*\*6. STRAINING:\*\***

- After fermentation, strain the liquid (water kefir) from the grains using a plastic strainer into a measuring jug.
- The strained liquid is drinkable water kefir, but a second fermentation is recommended for carbonation and flavour enhancement.

**\*\*7. SECOND FERMENTATION:\*\***

- Flavour the strained water kefir with chopped fruit, fruit juice, or herbal tea.
- Pour the flavoured liquid into airtight glass bottles and seal them tightly.
- Allow the bottles to ferment at room temperature for 3-10 days, depending on the season.

**\*\*8. CARBONATION PROCESS:\*\***

- Check the bottles every 3 days for carbonation signs by gently opening the lids to listen for gas.
- Store the carbonated water kefir in the fridge to cool before consumption.
- Be cautious when opening the bottles due to the fizzy nature of water kefir.

**\*\*9. STORAGE:\*\***

- Unopened water kefir can be kept in the fridge for about 30 days. Once opened, consume within 3 days.

**\*\*10. CONTINUOUS BREWING CYCLE:\*\***

- After straining, return the water kefir grains to the fermentation jar and repeat the process for a fresh batch.
- For a break, place the grains in fresh sugar water and store in the fridge for up to 3 weeks. Reactivate the grains as needed.

**\*\*IMPORTANT NOTE:\*\***

- Keep different fermenting cultures at least 1 meter apart to prevent cross-contamination, especially when working with dairy.