



WATER KEFIR

MAKES 1 QUART

- PLACE 1/4 CUP OF WATER KEFIR GRAINS INTO A QUART SIZED OR LARGER GLASS JAR.
- IN ANOTHER JAR, DISSOLVE 4-6 TABLESPOONS OF SUGAR IN WARM SPRING, MINERAL OR WELL WATER . AIM FOR 50% CANE SUGAR (WHITE SUGAR) AND 50% A GOOD MINERAL RICH SUGAR SUCH AS WHOLE CANE, RAPADURA OR PALM SUGAR.
- POUR IN ADDITIONAL WATER TO REACH 4 CUPS. BE SURE WATER IS BELOW 90° BEFORE ADDING THE SUGAR WATER MIX TO THE GRAINS.
- LET SIT FOR 24-48 HOURS.
- STRAIN THE LIQUID FROM THE GRAINS. IF THE GRAINS HAVE GROWN, PLACE ONLY 1/4 CUP OF GRAINS BACK INTO THE JAR OR INCREASE WATER/SUGAR RATIOS AND REPEAT THE PROCESS.
- YOU CAN DRINK THE FINISHED KEFIR RIGHT AWAY OR STORE IN A CLOSED BOTTLE TO BUILD CARBONATION. OR YOU CAN TRY A SECOND FERMENT BY ADDING FRUIT, FLAVORING, ETC.

QUESTIONS? MARY@LOSTDOGFARM.COM