

When making kefir cheese, please don't waste your Kefir whey. It is full of protein, beneficial nutrients, and is an anti-inflammatory.

For example:

1. Use Kefir whey instead of water in your recipes. Very nutritious in soups, raw soups, spaghetti sauce, and baking.
2. Make cooling fruit drinks with whey.
3. Your pet will love to drink the refreshing whey liquid; gives them lovely fur.
4. Use Kefir whey in a spray bottle as a natural hair tonic, full of protein.
5. Use Kefir whey to fertilize your plants.
6. Use Kefir whey in a spray bottle to keep your garbage cans smelling fresh.
7. Use Kefir whey in a spray bottle to kill mold.
8. Use Kefir whey to moisturize your skin.

