



How To Grow Milk Kefir Grains

Use a ratio of: 1 Tbsp. live Kefir grains per 1 C. milk
Note: following these instructions carefully will give you success

1. Measure Kefir grains, place in clean glass jar, with appropriate amount of fresh milk (1 Tbsp. grains to 1 Cup milk). Cover with cloth secured with rubber band and let stand at room temperature (68°-71°) for 24 hrs.
2. When you see small pockets of whey in the curd, strain to separate the live grains from the Kefir liquid by pouring it into a plastic or stainless steel strainer with suitable container beneath to catch the liquid Kefir. Repeat step one with the live kefir grains. Follow step three with the liquid kefir.
3. Put strained liquid Kefir in a clean jar and close lid. Let stand at room temperature for another day before drinking to let the culture manufacture a high content of B Vitamins. *(Some of the B vitamins will increase 117% during this step. Don't miss out on this!)* Whey will sit at the top instead of the bottom when ready. Now your liquid Kefir is ready to drink or store in refrigerator.

Serving Suggestions:

- blend with fruit to make a smoothie (bananas, strawberries, peaches, mangos, blueberries or other berries; or apple with cinnamon spice, pumpkin w/pie spice), or fruit juice
- make a milk and honey drink with honey, agave nectar, or maple syrup to your taste.
- make a veggie drink and add spices to taste.
- See more recipes at <http://www.orhaolam.com/recipes.html> & scroll down to Rebbetizin's Kefir Recipes

Tips:

- Avoid damaging your Kefir grains: **never add Kefir grains to a hot jar straight after washing the jar with hot water!**
- Designate a spot away from direct sunlight for culturing.
- Don't fill the culturing jar more than 3/4 full, to avoid overflow during culturing.
- After 8 hours, gently stir Kefir to encourage even culturing.
- When you see small pockets of whey in the curd, it's ready to strain. If left longer, a more tart Kefir results, with whey separation at the bottom of the container. This doesn't mean it's bad, but can make straining more difficult, and some find it too tart for their taste.
- Finished Kefir can keep in refrigerator up to 2 wks. (Even in your refrigerator the fermentation process continues, but at a much slower pace.)
- When Kefir grains grow more than you want, either eat or give away the extra live grains.
***if using powdered milk never use tap water as the chlorine will kill the bacteria.**
- In hot summer weather your kefir will culture more quickly (e.g. at 80° may be ready in 16-18 hours instead of 24 hrs.) so you will need to strain it sooner, or slow it down by refrigerating it for maybe 6-8 hours so you can still strain it at your usual time.
- **Important!** If you are new to genuine Kefir, to avoid a healing crisis by detoxing too quickly follow this routine: drink 4 oz. the first 2 days, 6 oz. the next 2 days, and 8 oz. the next 2 days, and so on until you get to the point where you can drink all you want.

