

These instructions are for 1 tablespoon of kefir grains. Adjust the milk quantities accordingly depending on whether you have ordered 1 teaspoon, 2 teaspoons, 1 tablespoon, 2 tablespoons or 4 tablespoons.

Place the contents of bag in a clean dry glass jar, then add ½ cup fresh milk. Cover the jar with a cloth and secure with a rubber band, and let sit out for 24 hours to ferment. Stir gently 3 or 4 times during the fermenting process.

After 24 hours, strain the contents of the jar, place the kefir grains, 1 to 2 tablespoons of the strained liquid and ½ cup of fresh milk into a clean, dry jar and ferment again for 24 hours. The remaining strained liquid is your kefir which can be stored in the fridge until ready to drink.

As you make more kefir each day, add it to the container of kefir in the fridge.

After a few days increase the amount of fresh milk added to the grains by ¼ cup, so you are adding ¾ milk total to the grains.

Then after another few days increase the amount of fresh milk added to the grains again by another ¼ cup, so you are adding 1 cup milk total to the grains.

Over time you will find that the grains will multiply, and you will need to add more milk.

A general guide is 1 tablespoon of grains to 1 cup of milk.

Due to the grains being in only a small quantity of milk during transit, they will have become a little dormant and will need 2 or 3 days of fermenting as described above to become fully active again. It is recommended to discard the first 2 or 3 batches of kefir until the grains have become fully active. After that store the fermented kefir in a jar in the fridge ready for drinking as described above.

In our hot summer, I have found that the kefir ferments very quickly, so to slow the process down, I place the jar of fermenting kefir into a small cooler with a cup of ice cubes and change the ice cubes 2 or 3 times during the day.

Kefir grains do not like chemicals such as from washing up detergent and chlorine and fluoride in water. When washing utensils used for kefir making be sure to rinse well with water and let drain well to dry.

When drinking the kefir, it is best to start gradually to give your body time to adjust to drinking the kefir. Start with 1 to 2 tablespoons per day and gradually increase by 1 tablespoon per day over a 2 to 3 week period until you are drinking 1 cup of kefir per day.

If you need to take a break from making kefir everyday, the kefir grains can be stored in the fridge in a jar with 1 ½ to 2 cups of milk added for up to a week. After storage in the fridge the grains will become dormant, and will need 4 or 5 days of fermenting again to become fully active.

Fresh Milk Kefir Grains

<http://www.freshmilkkefirgrains.com>

For complete step-by-step instructions with photos –

<http://www.freshmilkkefirgrains.com/instructions.html>