

Dehydrated Milk Kefir Instructions

Note: You will first rehydrate your grains to wake them up, then you can begin making milk kefir. Pasteurized milk is best for rehydrating grains - once rehydrated, you may introduce raw milk if desired.

You will need:

one quart canning jar or other glass jar
coffee filter, paper towel or cloth to cover jar
elastic band to secure cover
wooden or plastic spoon
fine mesh plastic strainer (no metal) for removing grains
one packet Dehydrated Milk Kefir Grains
cow or goat milk (avoid ultra pasteurized or UHT milk)

Directions:

- 1) Empty the entire packet of Dehydrated Milk Kefir Grains into 1/2 cup fresh cold milk in your jar. Cover with coffee filter and secure with elastic band.
- 2) Allow to culture at room temperature - 68° to 78° F. is ideal. Choose a draft-free place, out of direct sunlight, where your grains won't be disturbed.

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3) Check the milk after 12 hours. Finished kefir will have the consistency of heavy cream or buttermilk. After 24 hours, if the milk has not thickened or separated, strain the grains out. Put them into 1/2 cup fresh milk and reculture (discarding old milk). Continue this process until the milk does thicken within 24 hours. At this point, your grains are activated.

4) Now you're ready to make Milk Kefir! Continue to strain out the grains when kefir is ready (stirring gently makes straining easier). Increase the amount of milk used as grains increase in size and quantity.

The goal is to keep the ratio of grains to milk that will produce kefir to your liking. Longer culturing time and higher temperatures will produce a more sour flavor, shorter culturing time will produce a milder flavor. As grains increase in quantity, you can make larger batches, share with friends, or use them in smoothies and other recipes to boost your probiotic intake.

Now it's time to **Get Fermented!**