

IMBIBE

HOW TO MAKE MILK KEFIR





CONGRATULATIONS ON STARTING YOUR JOURNEY TO FFERMENTING MILK KEFIR!

I believe that enjoying an extraordinary life starts with enjoying extraordinary health and I'd love to share my secrets with you.

Probiotic fermented drinks have transformed my life and it's my passion to share fun and simple ways to create your own probiotic drinks that nourish you everyday.

I can't wait to help you change your world, one probiotic drink at a time!

Love,
Felicity



BASIC MILK KEFIR

Milk kefir is a fermented dairy or nut mylk based probiotic drink that is rich in living probiotics, enzymes and other good things for your health.

During the fermentation process, the lactose gets broken down, leaving you with a sour, tart and slightly effervescent milk drink. It's delicious!

YOU WILL NEED

1 litre open mouth glass jar

Cloth and elastic band to cover the jar opening

1 litre size bottle with tight fitting lid

INGREDIENTS

1 tsp of Imbibe Living Milk Kefir grains

1 litre dairy milk - preferably organic, unhomogenised cows milk

METHOD

Hot wash and rinse your 1 litre glass jar for fermenting. Gently heat, to around 35C - body temperature - the milk, over a pot on the stove. Be careful not to boil or overheat the milk. You just want it body temperature. Pour the slightly warmed milk into your 1 litre glass jar. Add 1 tsp milk kefir grains to the milk. Stir well.

Cover with cheesecloth/muslin/ clean chux and secure with elastic band. Milk kefir generally takes between 8 - 48 hours to ferment, depending on the temperature. Hotter takes quicker, cooler is longer.

BOTTLING

Once the milk kefir has the consistency of thick milk, or has separated into curds and whey, it's time to bottle your milk kefir. If it has separated, just stir it back together again. Get an open mouth jar, container or bottle ready. Put a sieve over opening of your jar, container or bottle. This will trap the milk kefir grains, ready for reuse. Pour the milk kefir through the sieve and with the back of a spoon to push the thick milk through. The milk kefir grains will be left in the sieve.

Put these to the side to reuse them again, or to store them in the fridge for later use. In the jar, container or bottle, will be your ready milk kefir. Place your milk kefir in the fridge, with a lid on the bottle, ready to drink.

STORING MILK KEFIR GRAINS

If you need to take a break from fermenting milk kefir, simply place the milk kefir grains in a container in the fridge, covered in milk. They will be okay like this for around a month. When you are ready to ferment again, just start the process from the beginning again.

[Click here to watch the video tutorial.](#)

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