

IMBIBE

HOW TO MAKE WATER KEFIR





CONGRATULATIONS ON STARTING YOUR JOURNEY TO FFERMENTING WATER 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 WATER KEFIR

YOU WILL NEED

1 x 1 litre glass jar for fermenting the water kefir

1 x strainer

1 x clean chux or muslin cloth with elastic band

1 x 1 litre bottle with tight fitting lid for bottling the water kefir

INGREDIENTS

1 bag of Imbibe Living Water Kefir grains

1/4 cup sugar of your choice (white, raw, rapadura)

1 organic dried fig

1 organic dried date

METHOD

Dissolve ¼ cup sugar of your choice in a 1 litre glass jar. Add a fig, a date and a handful of sultanas. Fill up with 1 litre water and stir. Add the bag of your Imbibe Living Water Kefir Grains. Put a clean muslin or chux around the opening of the jar and secure with an elastic band.

Place in a warm area, out of direct sunlight or wind and leave for around 24-48 hours, depending on the temperature. After 24-48 hours, observe the progress of the ferment. It should be visibly bubbly, smell a little sour, and taste a little sour. If it still tastes really sweet, you need to leave it longer to ferment out the sugars. Once it is ready, take off the muslin or chux.

BOTTLING

Place the funnel in the opening to your bottle. Place the sieve on top of the funnel. Scoop out the floating dried fruits from the water kefir and discard. Slowly pour the water kefir liquid through the sieve, and into the bottle. The water kefir grains will end up in the sieve. Place these to the side.

SECONDARY FERMENTATION

Add any flavorings you would like to the bottled kefir. You can also use herbal tea as a flavouring option at this point – think chai spice, peppermint, lemongrass etc. Then, screw the lid on tight and leave in a warm place to build carbonation. This could take anywhere from 12 – 72 hours, temperature dependent. Burp occasionally to release pressure. Store in the fridge when fizzy enough and enjoy cold.

STORING THE WATER KEFIR GRAINS

Store the grains with 1/2 cup dissolved sugar in 1 litre water in the fridge, with a loose fitting cloth, until you are ready to use again. When you are ready to use them again, simply take them out the fridge, and start the process from the beginning again.

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



TROUBLESHOOTING

1. What is the purpose of the dried fruit?

The dried fruits serve as an additional source of sugar and minerals e.g. calcium, potassium and magnesium which are essential for the kefir grains. You should always use organic dried fruits like figs, sultanas, dates, dried apple etc.

2. How are kefir grains different to powder starter?

The kefir grains are the real deal – it's raw and living culture that can be reused over and over, given the right care. The powder starter can only be used once and is a pre-made starter.

3. Can you make your own kefir grains?

No, you can't make your own grains, they need to be sourced from somewhere.

4. How can I tell if the water kefir grains are alive and working?

You can tell that the grains/crystals are alive and working if:

- a) bubbles are forming after a 12-24 hour ferment time.
- b) the water colour is getting a little cloudy.
- c) the sugary water flavor turns to sour.
- d) there's an increase in grains after several batches of making it.

5. Do I have to use muslin cloth?

Ideally, yes, but it is not necessary. A clean tight weave towel will do. Just make sure that the weave and elasticity are sufficient to keep the ants and fruit flies out.

6. Should I warm my kefir overnight in winter months?

The ideal fermenting temperature for kefir is around 20 degree Celsius. Below this temperature the grains will slow down their fermentation rate. In winter, it will take longer to ferment, so it is advisable to make one in bigger batches. You can warm your kefir by wrapping it in a blanket and place it inside an insulated bag, or leaving it to ferment in your hot water cupboard.

7. Do I need to rinse the grains between batches?

No need, only if they get slimy or smelly.

8. Can I use my water kefir grains in coconut water?

Yes you can! I never have as I don't like the taste of fermented coconut water, but the grains will love coconut water.

9. My grains appear to be working however, they are not multiplying. Is this normal?

If the grains are converting the sugar-water solution, there's nothing to worry. Grains are a living entity. It has its times of rest and times of reproduction.

TROUBLESHOOTING

10. Can I use tap water to make the sugar water?

No, because tap water contains chlorine which prohibits growth of bacteria. The water should be free of any chemicals. You can use bottled spring water or Reverse Osmosis (RO) filtered water.

11. How do I keep the grains alive while away on holidays?

Just make a concentrated solution of sugar water (1/2 cup dissolved sugar to around 250ml water) and add some dried fruits and leave with the lid on in the fridge until you are ready to re-use.

12. Is it true that kefir can explode bottles?

Yes! We suggest burping the bottles daily in hot weather, or pop them in the fridge when you start to see the bubbles forming to reduce the risk of an explosion.

13. How much alcohol does water kefir contain?

This depends on the amount of sugar in the final brew - the more residual sugars, the higher the alcohol content. It's generally around 0.5 - 1%.

14. Do you have to put new dried fruit in each time you make a batch?

Yes. You cannot re-use the dried fruits, you have to add new ones each time you make a batch. You can either discard or eat the dried fruits.

15. My grains have become slimy. What could I do to get them back to the original form?

Grains can become slimy if it has been overfermented (only ferment it up to 2-3 days depending on the temperature), or if there are too many minerals on the brew. Rinse the grains in filtered water and rotate them into sugar water solution for a few go's.

16. My grains disintegrate and become sandy. How did this happen and what can I do?

Grains can become sandy and disintegrate due to a wide range of factors.

Sugar: are you using processed white sugar? If so, use raw or brown sugar.

Water: are you using activated carbon filtered water? Tap water? De-mineralied water? If so, source mineral rich water like spring water and see if that makes a difference

Minerals: are there too many minerals or not enough minerals? Experiment with getting the ratios right.

Feeding times - water kefir is rather demanding in that it needs to be fed every 48 hours... if you left it too long, it could starve and disintegrate. If this happens, it is probably time to source fresh water kefir culture and start again.



CHIA SEED AND CUCUMBER WATER KEFIR

YOU WILL NEED

1 x fermentation jar
1 x 1 litre bottle
1 x funnel and sieve
muslin and elastic band

INGREDIENTS

1 bag of Imbibe Living Water Kefir grains
1/4 cup sugar of your choice (white, raw, rapadura)
1 organic dried fig
1 organic dried date
250ml boiling water
750 ml filtered water
1 TBS chia seed
4 x long thin strips of cucumber

METHOD

1. Make water kefir following basic recipe guidelines but save the chia seed and cucumber for the secondary fermentation.
2. Allow to ferment for around 48 hours, until it's sour and a little fizzy. Remove the water kefir grains and pour the kefir into your bottle.
3. Add the chia seed and cucumber to the bottle. Screw the lid on tight.
4. Allow to sit at room temperature until it's nice and fizzy.
5. Refrigerate and enjoy cold.



CRANBERRY WATER KEFIR

YOU WILL NEED

1 x fermentation jar
1 x 1 litre bottle
1 x funnel and sieve
muslin and elastic band

INGREDIENTS

1 bag of Imbibe Living Water Kefir grains
1/4 cup sugar of your choice (white, raw, rapadura)
1 organic dried fig
1 organic dried date
250ml boiling water
750 ml filtered water
1/2 cup cranberry juice / handful dried cranberries

METHOD

1. Make water kefir following basic recipe guidelines but save the cranberry for the secondary fermentation.
2. Allow to ferment for around 48 hours, until it's sour and a little fizzy. Remove the water kefir grains and pour the kefir into your bottle.
3. Add the cranberry to the bottle. Screw the lid on tight.
4. Allow to sit at room temperature until it's nice and fizzy.
5. Refrigerate and enjoy cold.

I garnished mine with Rosewater Persian fairy floss for something a little fancy!

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