

Body Ecology's Young Coconut Kefir™

Young Coconut Kefir is a unique and original Body Ecology discovery. It has quickly become one of our most medicinal and favorite drinks! Young Coconut Kefir is possibly the most important probiotic, alkalizing and mineral-rich fermented food on the planet. Start drinking Young Coconut Kefir™ immediately in the early stages of the Body Ecology Diet. In fact, you'll soon find that with its abundance of exceptionally powerful and beneficial microflora, it'll help you establish your inner ecosystem right away.

Nutritional Benefits of Young Coconut Kefir™: Stops cravings for sugar, aids in the digestion of all foods, while toning and cleansing the intestines and the liver, eases aches and joint pains, clears up skin problems like brown liver spots, skin tags, moles, etc., improves vision, makes hair, skin and nails healthier because of its high mineral content (potassium, natural sodium, calcium, and magnesium), and cleanses the endocrine system (adrenals, thyroid, pituitary, ovaries).

Equipment: Young coconuts or bottled fresh frozen organic coconut water, a cuisinart knife, a potato peeler, and **Body Ecology's Kefir Starter** or **Culture Starter**.

Preparation:

- 1) Carefully select healthy young coconuts, checking first for mold or any discoloration or difference in texture.
- 2) Lay young coconut on its side and cut several thin slices from bottom.
- 3) A circle appears (often white, sometimes a brown ring) and you will have a soft spot that goes way into the sterile, sweet coconut water.
- 3a) Sometimes a hard knot makes it more difficult to cut through the coconut. Usually the hole is in or beside this knot.
- 4) Set coconut down into sink, so "cone-shaped" head nestles firmly into drain. Poke down through soft spot, creating a hole in the coconut shell.
- 5) Widen hole with carrot peeler, so water can pour easily out.
- 6) Each coconut contains 1-1/2 c. of liquid. Use the water from 2 coconuts for initial batch. If you choose to ferment 1 gal of coconut water, use two packages of Body Ecology's Kefir Starter.

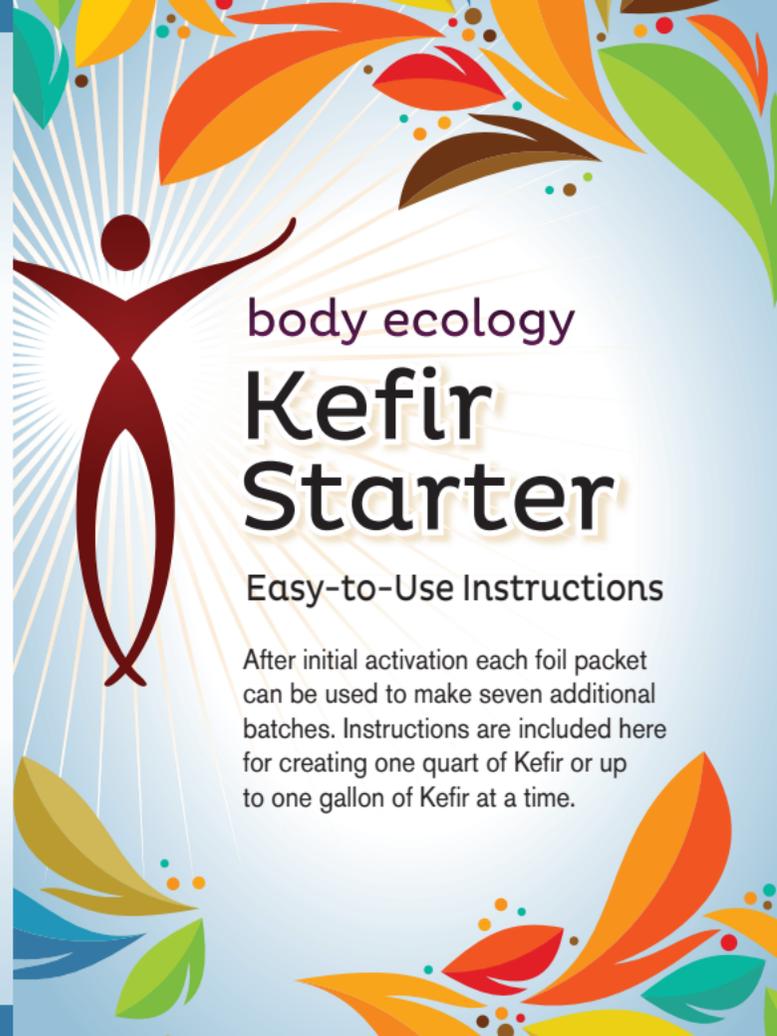
- 7) Pour coconut water into desired glass container. Any glass jar with a tight fitting lid works well. 3 to 4 coconuts will usually fill a 1 - 1 1/2 qt. size jar.
- 8) Pour coconut water. Ideally coconut water should be 92°F (31° or 32°C). Microflora prefer that the liquid be 92°F, so pour coconut water in saucepan and heat carefully. 92°F is just below body temperature.
 - 8a) Use an inexpensive thermometer if desired, to check the temperature.
 - 8b) Or wash your hands well and dip your finger into the coconut water, use a finger to test for the right temperature. At 92°F, you won't feel hot or cold. It will be a neutral feeling or "natural feeling."
- 9) Add Body Ecology's Kefir Starter. (Culture Starter may also be added if desired. This adds *L. plantarum* bacteria to your finished kefir. *L. plantarum* is very complementary with the microflora in our Kefir Starter).
- 10) Put lid onto glass container and avoid agitation of fermenting liquid.
- 11) If it is cold in your kitchen, (ideally the temperature should be around 70°F to 75°F), place glass container into isolated storage and let stand for approximately 36 hours.
- 12) Once fermentation process is completed, refrigerate. Your Young Coconut Kefir will last from 3-7 days refrigerated.

Coconut Kefir Questions and Answers

What should moist and fresh young coconuts look like? They should be white in color and the outside of the young coconut should not feel too soft.

How can I tell if the coconut is spoiled? On a young coconut that has gone bad, you can sometimes see green mold or a slight discoloration. Sometimes, however the water inside may still be fine to ferment. Another telltale sign the coconut water is bad, is if the coconut water is pink. In this case, do not use the water.

How do I know when my coconut kefir is ready? You'll know it's done when the color changes to a milky white and usually there's a bit of bubbling or foam on top. When you drink it, make sure that it tastes tart and tangy. The fermented coconut water does not thicken.



body ecology

Kefir Starter

Easy-to-Use Instructions

After initial activation each foil packet can be used to make seven additional batches. Instructions are included here for creating one quart of Kefir or up to one gallon of Kefir at a time.

Body Ecology's Milk Kefir Instructions to Activate Starter for Initial Usage

1. Into container (preferably glass with air tight lid), mix together the entire contents of one foil package of Body Ecology's Kefir Starter and one quart of slightly warmed milk (about skin temperature or 92° F).
2. Stir or whip with with a whisk to mix well. Put lid on container. Once it is mixed leave it to ferment and do not agitate.
3. Let this mixture ferment at 72-75°F for 18 to 24 hours. (You will notice it is ready if the milk has thickened and has a distinctive, sour fragrance. Final consistency is pourable but not "eat with a spoon" thick.)
4. Once thickened, shake or stir vigorously and place into the refrigerator. Even in your refrigerator the fermentation process continues, but chilling will slow down the fermentation of the healthy bacteria and beneficial yeast.

Transfer Instructions

Once your initial batch of kefir has been made and before you finish drinking it, start your second batch. Take some of your previous batch of kefir and add it to a new batch of warmed milk. You may repeat this step up to seven times before you need another foil packet. Body Ecology's unique kefir starter contains strong, viable lactobacillus bacteria and two strains of beneficial yeast that are unusually hardy, making the transfer process possible. You won't find this with other starters.

- 1 quart of organic milk: Use 6 Tbsp. of previous batch
- 1/2 gallon of organic milk: Use 2/3 cup of previous batch
- 1 gallon of organic milk: Use one cup of previous batch

When you transfer kefir into new milk, be sure not to add more than the recommended amounts of previous batch. Adding too much kefir from your previous batch can result in a taste more sour than you prefer.

Enjoy your kefir plain or add Body Ecology's Stevia Liquid Concentrate, non-alcoholic flavorings like banana, strawberry, coconut, peach or vanilla (available at your local health food store), or other spices such as nutmeg or cinnamon.

Making a "Farmer's Style" of Kefir Cheese is Easy (allowed on the second stage of the Body Ecology Diet)

Directions:

1. Make kefir as instructed, but let the freshly made kefir remain at room temperature for several hours longer. Suddenly you will see the curds (milk protein) separate from the whey.
2. Now line a strainer with cheesecloth. Place strainer over a bowl and pour the curds and whey mixture through the strainer. The strainer will catch the "cheese" or curds and the whey will go into the bowl. Place the bowl and strainer into your refrigerator and let it drain for several more hours. Store in a covered container for up to 5 days.

Warning: Once the kefir is placed into the refrigerator and cooled, the fermentation process is inhibited. You cannot then bring it back out to room temperature to turn into cheese.

Uses for your Kefir Cheese

This cheese is excellent tossed into salads. Also delicious flavored (e.g. chopped onions, garlic, sea salt, fresh herbs) and served with an assortment of raw vegetables.

Uses for Whey

Body Ecology recommends soaking all your grains before cooking them. This makes them more digestible and releases the phytic acid. Several tablespoons of the microflora-rich whey can be added to your soaking water.

In Europe whey is sold as a delicious beverage. Try sweetening it with Body Ecology's Liquid Stevia Concentrate, flavored with non-alcoholic flavorings or fresh lemon or lime juice.

Special Tips

- Keep starter packets frozen until ready to use.
- Once kefir is made it will last approximately 1 week in the fridge.
- When making kefir at home you can choose the best kind of milk for your body: whole, low-fat, non-fat, goat or soy milk.
- Goat milk requires more starter when making initial batch. Use one foil packet to 2 cups of milk.
- The fat in milk makes a thicker kefir. With non-fat milk use 1 teaspoon non-fat milk powder per quart of milk. Add with starter.

» SEE OTHER SIDE FOR BODY ECOLOGY'S COCONUT KEFIR™ »

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