



# Kefir STARTER CULTURE INSTRUCTIONS



**You can make delicious, fresh kefir at home!**

**Total time:** 12-18 hours ★ **Active time:** 5 minutes

## YOU CAN DO THIS

With no grains to maintain, this culture is easy to use to make homemade kefir at a much lower cost than buying kefir at the store, and it's delicious! Drink it plain, add flavoring, or use it in a handful of recipes.

### Instructions for Making Kefir

- 1 Pour** 1 quart of milk, juice, coconut milk, or coconut water into a glass or plastic container.
- 2 Add** 1 packet of kefir starter culture and **stir** gently until the culture is fully dissolved.
- 3 Cover** the jar with a coffee filter or cloth, secured by a rubber band. **Culture** at 72°-74°F for 12-18 hours.  
————— / 72°-74°F ⌚ 12-18 HOURS —————  
**→ TIP:** Here's how to tell your kefir has finished culturing: dairy milk will thicken to the consistency of heavy cream; coconut milk will have a sour, less sweet aroma (but will not thicken); juice and coconut water will become cloudy and less sweet.
- 4 Cover** the finished kefir with a tight lid. **Store** it in the refrigerator for up to 2-3 weeks. **Save** ¼ cup to re-culture.

### What You'll Need

- 1 packet of dehydrated kefir starter culture
- Whole milk (avoid ultra-pasteurized or UHT milk), juice, coconut milk (homemade works best), or coconut water
- Thermometer
- Glass jar or plastic container
- Stirring utensil
- Coffee filter or tight-weave cloth
- Rubber band

### Re-culturing Your Kefir

**Although this direct-set starter won't form kefir grains, you can re-culture it 2-7 times. The fresher, the better: for the best results, use clean tools to re-culture ASAP within 7 days.**

- 1 Pour** 1 quart of milk, juice, coconut milk, or coconut water into a glass or plastic container.  
**→ TIP:** Use a similar liquid to your first batch to re-culture your kefir: milks with milks, waters with waters.
- 2 Add** ¼ cup prepared kefir from the previous batch and **stir** thoroughly to incorporate.
- 3 Cover** the jar with a coffee filter or cloth, secured by a rubber band. **Culture** at 72°-74°F for 12-18 hours.  
————— / 72°-74°F ⌚ 12-18 HOURS —————
- 4 Cover** the finished kefir with a tight lid. **Store** it in the refrigerator for up to 2-3 weeks. **Save** ¼ cup to re-culture.



**If your starter isn't performing as expected, don't throw it away!** Put a tight lid on your culture, store it in the fridge, and contact customer support: [www.culturesforhealth.com](http://www.culturesforhealth.com)

Fermented foods often have a sour but clean aroma and flavor. **Never consume anything that smells or tastes unpleasant.**

