

TIPS FOR SUCCESS

- Be sure your water is cool (no higher than 90°F) before adding your grains to prevent damage to your grains.
- Do not be discouraged if your kefir is not bubbly with newly rehydrated grains, it can take several batches before you see noticeable bubbles.
- Do not leave your grains culturing for longer than 72 hours to prevent them from starving.
- If your grains begin to smell yeasty after a while, add in $\frac{1}{8}$ of a washed organic lemon to 2-3 batches.
- It's ok if your grains are small and don't appear to be growing or multiplying. It can take up to 3 weeks from a dry state to start seeing these changes, but as long as you are getting cloudy and tasty kefir, your grains are healthy. Just be patient with them!
- If you are not sure about the chlorine or fluoride in your water, it is best to use filtered or bottled water.



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Want to learn more about fermentation?
Check out our website below for tips and
tricks to becoming a fermentation pro!

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endless

WATER KEFIR GRAINS



IMPORTANT:

*MAKE SURE TO REFRIGERATE YOUR STARTER IMMEDIATELY UPON RECEIPT, AND FEED IT WITHIN 24 HOURS. YOU MAY NOTICE A SHARP, ASTRINGENT ODOR - THIS IS NORMAL. IT JUST NEEDS TO BE FED AFTER ITS JOURNEY.

DIFFICULTY

BEGINNER

BATCHES

ENDLESS

TIME NEEDED

3-4 DAYS

YIELD

ENDLESS

EQUIPMENT NEEDED

- 1 x Mesh Strainer
- 1 x Thermometer
- 1 x Package of Butter Muslin
- 2 x 1 Quart Glass Jar
- Rubber Band & Stainless Steel/Silicone/Wood Spoon

INGREDIENTS NEEDED

- 1 x Jar of Fresh Water Kefir Grains
- Organic Cane Sugar
- Water free of Chlorine and Fluoride, such as filtered or spring water

REFRESHING YOUR WATER KEFIR GRAINS

- 1 Add 3 cups of hot water into your quart jar.
- 2 Add 2 TBSP of organic cane sugar and mix well. Continue mixing until all the sugar is dissolved.
- 3 Once the water has reached room temperature, add contents from your Endless Water Kefir Grains jar.
 - If you are interested in adding flavoring to the water kefir, place fresh fruit of your liking in your first batch
- 4 Cover the quart jar with butter muslin and a rubber band. Let the beverage sit for 2-3 days. At 24 hours, your kefir may be cloudy but still on the sweet side. Wait the full 72 hours for a lower sugar content.
- 5 Add $\frac{3}{4}$ cup of fresh fruit into your second quart jar.
- 6 Strain your grains from your finished water kefir and place grains back into the now empty quart jar. Set aside to start another batch.
- 7 Take the jar with the fresh fruit and water kefir without grains and cover with the cloth and rubber band.
- 8 Ferment for 24 hours. You will know it's done when the fruit starts floating.
 - If you are using a cap or lid in place of the butter muslin, burp at least every 12 hours.
- 9 Chill the water kefir, and enjoy!

LEARN
HOW TO
make

1. OPEN

2. MIX

3. FERMENT

4. *Repeat*
ENDLESSLY

MAINTAINING YOUR WATER KEFIR GRAINS

- 1 Repeat steps 1-4 to have continuous batches of water kefir. To grow your grains, increase your amount of sugar by 1 TBSP per 1 cup of water.
 - Example: to make 8 cups of water kefir, you would need 8 cups of water and 8 TBSP ($\frac{1}{2}$ cup of sugar) from a previous batch.
- 2 Make sure that it is properly culturing before increasing the daily feed again.