

*START  
HERE!*

# KEFIR STARTER

**USING KEFIR STARTER**



# WHAT YOU NEED

## Ingredients

- 1 packet of dehydrated kefir starter culture
- Pasteurized whole milk (avoid ultra-pasteurized and UHT), juice, coconut milk, or coconut water

## Equipment

- Glass jar (one quart)
- Coffee filter or tight-weave cloth
- Rubber band
- Mesh Strainer

# USING KEFIR STARTER

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1. Pour 1 quart milk, juice, coconut milk, or coconut water into a glass or plastic container
2. Add 1 packet kefir starter culture and stir gently until the culture is fully dissolved.
3. Cover with a coffee filter or cloth secured by a rubber band and let culture at 72-74°F for 12-18 hours.

Here's how to tell your kefir has finished culturing:

- Dairy milk will thicken to the consistency of heavy cream or thicker
- Coconut milk will have a sour, less sweet aroma (but will not thicken)
- Juice and coconut water will become cloudy and less sweet

5. To store, cover the finished kefir with a tight lid and place in refrigerator for up to 2-3 weeks. Save ¼ cup to re-culture.

# YOU CAN RE-CULTURE YOUR KEFIR 2-7 TIMES WITHIN 7 DAYS.

## HERE'S HOW:

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1. Combine  $\frac{1}{4}$  cup prepared kefir with 1 quart of milk, juice, coconut milk, or coconut water.
2. Cover with a coffee filter or cloth secured by a rubber band and let culture at 72-74°F for 12-18 hours.



***PRO  
TIP!***

Once you choose which ingredient to culture your kefir (milk, juice, etc.), re-culture with the same.