

*START
HERE!*

MILK KEFIR

ACTIVATING YOUR MILK KEFIR GRAINS

To get started with making milk kefir, you first need to activate your dehydrated milk kefir grains.

WHAT YOU NEED

Ingredients

- 1 packet of dehydrated milk kefir grains
- Pasteurized whole milk
(avoid ultra-pasteurized and UHT)

Equipment

- Glass jar (one quart)
- Coffee filter or tight-weave cloth
- Rubber band
- Plastic mesh strainer

ACTIVATING YOUR MILK KEFIR GRAINS

1. Empty the entire packet of dehydrated milk kefir grains into 1 cup fresh, cold pasteurized milk (don't use raw milk for activation) and stir.
2. Cover with a coffee filter or cloth secured by a rubber band and let culture at room temperature (68-85°F).

Check your grains after 12 hours. Look for the milk to

3. have thickened to the consistency of heavy cream or thicker.

ACTIVATING YOUR MILK KEFIR GRAINS

4. As soon as you notice a change in the milk's texture, strain out the grains and put them in fresh milk. Increase the amount of milk by $\frac{1}{2}$ cup, culturing for multiple batches until you reach 4 cups. Here's a sample schedule for the amount of milk to use for each batch:

	BATCH NUMBER					
START	2	3	4	5	6	7
1 cup	1.5 cups	2 cups	2.5 cups	3 cups	3.5 cups	4 cups

IMPORTANT

For each subsequent batch, only increase the volume of milk if you notice a change in the milk's texture within 24 hours of culturing. If not, use the same amount of milk and culture as before.

ACTIVATING YOUR MILK KEFIR GRAINS



***PRO
TIP!***

When the milk thickens and smells and tastes pleasant, you have kefir! Even if it doesn't thicken but it smells and tastes pleasant, you can use it in baking in place of buttermilk!

5. Once your total batch size reaches 4 cups, your grains are activated!

STEP
2

MAKING MILK KEFIR

**ONCE YOUR GRAINS
HAVE BEEN ACTIVATED**

(previous pages 1-3)



MAKING MILK KEFIR

1. Transfer the activated grains into up to 4 cups of fresh milk.
2. Cover with a coffee filter or cloth secured by a rubber band and let culture at room temperature (68-85°F).
3. Check your grains after 12 hours. Look for the milk to have thickened to the consistency of heavy cream or thicker.



***PRO
TIP!***

Temperature is important for your grains to thrive. Always keep your grains between 68°F and 85°F. Any lower, it will take much longer to culture. Any higher, harmful bacteria will start to grow.

MAKING MILK KEFIR

4. After culturing is complete, strain out the grains and enjoy your milk kefir! Finished milk kefir can be stored in the refrigerator.

Your grains can be used over-and-over to make milk kefir. Just follow the above steps every 24 hours.