

***START
HERE!***

WATER KEFIR

ACTIVATING YOUR WATER KEFIR GRAINS

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

WHAT YOU NEED

Ingredients

- 1 packet of dehydrated water kefir grains
- Water free of chlorine and fluoride
(bottled spring water)
- Organic cane sugar

Equipment

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

ACTIVATING YOUR WATER KEFIR GRAINS

1. In a glass jar or plastic container, prepare sugar water by combining $\frac{1}{2}$ cup of hot water and $\frac{1}{4}$ cup of sugar. Allow sugar to dissolve and add 3 cups of cool water.
2. Empty the entire packet of dehydrated water kefir grains into the room temperature sugar water.



***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.

ACTIVATING YOUR WATER KEFIR GRAINS

4. Cover with a coffee filter or cloth secured by a rubber band and let the grains rehydrate for 3 days at room temperature.

After 3 days, the grains should be plump and translucent: they're activated and ready to make kefir! Strain out the grains and discard the sugar water.

STEP

2

MAKING WATER KEFIR

**ONCE YOUR GRAINS
HAVE BEEN ACTIVATED**

(previous pages 1-3)



MAKING WATER KEFIR

1. In a glass jar, prepare sugar water by combining $\frac{1}{2}$ cup of hot water and $\frac{1}{4}$ cup of sugar. Allow sugar to dissolve and add 3 cups of cool water.
2. Add activated water kefir grains to the jar.

Cover with a coffee filter or cloth secured by a rubber

3. band and let culture for 24 hours. The liquid should turn cloudy. If not, wait another 24 hours.

**PRO
TIP!**

The warmer the culturing area, the faster your water kefir will culture.

MAKING WATER KEFIR

4. Strain out the grains. The liquid is your finished water kefir.

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

**PRO
TIP!**

Check out our article “How to Take a Break from Making Water Kefir” to learn how to safely store your grains while you’re on vacation!