



WATER KEFIR MAKING GUIDE

for the Masontops Complete
Water Kefir Starter Kit

Masontops[®]



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The Masontops Complete Water Kefir Starter Kit provides all of the tools, supplies, and guidance to start making your own water kefir at home.

This guide was made in conjunction with Cultures for Health and will explain what water kefir is, the benefits of drinking it, and how to make it at home with your new Masontops Kefir Cap and water kefir grains. At the end of this guide, we've included a discount code you can use to purchase a 2-pack of Kefir Caps to triple your kefir batches or try out our

Complete Kombucha Starter Kit.

Masontops focuses on making accessories for Mason jars, with a special emphasis on health and wellness. Founded in 2014, Masontops has been recognized as Canada's 8th Fastest Growing Start Up and has since grown to offer hundreds of different products. Headquartered in Toronto, Masontops strives to offer quality, unique products, all designed in-house.





WHAT IS WATER KEFIR

Water kefir is a fermented beverage with a pleasant, slightly sweet taste, made through a fermentation process with kefir grains (also referred to as tibicos). Although the concept is similar to kombucha—both being fermented—it's far less tangy and tart, and the fermentation times are shorter. Like kombucha, water kefir can be flavored and subjected to a secondary fermentation to add fizz.

WHY MAKE WATER KEFIR



Rich in probiotics, low in sugar, and high in taste, water kefir is the perfect beverage for anyone focused on improving their health. Kefir can assist with gut health, weight loss, improving immunity, and is even said to help fight cancer cells.

With the Masontops system, you can continually have kefir fermenting and reuse the Kefir Cap again and again, replacing expensive and difficult to find store bought water kefir from your grocery list.

HOW TO MAKE WATER KEFIR

1
activate
grains

2
brew
kefir

3
flavor
and
bottle

To make water kefir, first the dehydrated grains in your Complete Water Kefir Starter Kit need to be activated. Then those grains are used to ferment sugar and water into kefir. At that point, the kefir is loaded with healthy probiotics and can be consumed. Alternatively, it can be flavored and bottled for a second fermentation. This third step will add fizziness, like store bought kefir, but it's not necessary.

SUPPLY LIST FOR GRAIN ACTIVATION

1. Large wide mouth Mason jar
2. 3 cups of water (✓ minerals ✗ chemicals)
3. Dehydrated water kefir grains (included)
4. Cane sugar (included)
5. Kefir Cap (included)



CHOOSING WATER

Your water should be high in minerals, but free of chemicals, like chlorine and fluoride. **Well water, spring water or filtered tap are best**, as long as the filter doesn't have activated carbon.

Boiling tap water for 20 minutes or leaving it out for 24 hours to evaporate chemicals works, as long as there's no fluoride or chloramine (chlorine is OK) in your water. **Do not use distilled water or reverse osmosis water.**



STEP-BY-STEP GRAIN ACTIVATION

Now that you have your supplies clean and ready, it's time to activate your dehydrated water kefir grains into active and live cultures.

1. Dissolve the sugar with 1/4 cup of hot water. Add remaining 2 3/4 cups of cool water and stir.
2. Cool the water until it's at 68°-85°F; adjust as necessary.
3. Empty the entire packet of dehydrated water kefir grains into the cooled sugar water.
4. Screw on the Kefir Cap and twist the top lid into "OPEN" position to allow airflow.
5. Culture in a warm spot (68°-85°F) for 3-4 days.

After 4 days, the grains should be plump and translucent. Strain out the grains and discard the sugar water, then begin preparing your first batch to drink.

SUPPLY LIST FOR KEFIR BREWING

Now that your grains are ready, it's time to brew your kefir (A.K.A. ferment sugar water with your active grains). It's easiest to make the sugar water solution in a measuring cup, then pour it into your jar with the grains once it's cool.

You'll notice we no longer specify how much sugar or water to use—that's because it's up to you! With your activated grains, you can make 3 - 8 cups of water kefir, using 1 tablespoon of sugar for every 1 cup of water. It's best to start small and work your way up to 8 cups as your grains multiply.



SUPPLY LIST FOR KEFIR BREWING cont'd

1. Quart-sized (or larger) wide mouth Mason jar
2. Water (✓ minerals ✗ chemicals)
3. Activated kefir grains
4. Cane sugar
5. Kefir Cap (included)

STEP-BY-STEP KEFIR BREWING

The process of brewing kefir is very similar to how you activate the grains.

1. Warm a portion of your water and use it to dissolve all of your sugar. Add the remaining cool water and stir.
2. Cool the water until it's at 68°-85°F; adjust as necessary.
3. Add activated kefir grains to the jar.
4. Screw on the Kefir Cap and twist the top lid into "OPEN" position to allow airflow.
5. Culture in a warm spot (68°-85°F) for 24-48 hours.

When the culture is complete, strain your grains and prepare a new batch of sugar water and start at step 1. You can now drink your kefir or follow the instructions on the next page to bottle and flavor it during a second fermentation (this is how you add carbonation to the kefir too).

TASTE?

Water kefir should be pleasantly sour and clean tasting. **Never drink anything that smells or tastes bad.**

Find it too sweet? As your grains mature and adapt, your kefir will become less sweet after a few batches.

KEFIR GRAIN STORAGE (UP TO 3 WEEKS)

- After 3 weeks of use, you can store your grains for up to 3 weeks by adding water kefir grains to 1 quart fresh water with 1/4 cup dissolved sugar
- Put a tight lid on the container and place in the refrigerator (if possible, switch out the sugar water each week)
- When ready to make water kefir again, separate the grains from the storage liquid, place in fresh sugar water, and culture as usual

It may take a couple of batches for the grains to wake up and get back to work.



SUPPLY LIST TO FLAVOR & BOTTLE

1. Brewed kefir (grains removed)
2. Flavoring (fruit, juice, herbs)
3. Grolsch bottle

STEP-BY-STEP FLAVOR & BOTTLE

This step is also called the second fermentation. The kefir will continue to ferment, eating away remaining sugar in the kefir and sugar in the flavoring, creating gas bubbles. Make sure your bottles are in perfect condition because the pressure from the gas can cause cracked bottles to explode. The pressure can get very powerful, so it's important to follow instructions and never leave out kefir to ferment for too long. We recommend opening the bottles over the sink or with a tea towel to prevent any mess.

1. Add your flavoring to the bottle and fill the bottle with water kefir, leaving about 1 inch of head space. Refrigerate now if you don't want carbonation.
2. Close the bottle securely and let it sit at room temperature for 24-72 hours or until your kefir carbonates. *In warm temperatures, burp the bottles once a day to avoid excess pressure buildup.*
3. Refrigerate until chilled, then serve.

TIPS FOR FLAVORING WATER KEFIR

Fruit Juice Add ½ cup juice per quart of water kefir. For stronger juices, like lemon juice, reduce to ¼-⅓ cup.

Dried Fruit Add and ferment for 2-3 days or up to a week.

Fresh Fruit Add and ferment for no longer than 24 hours. For a stronger flavor, change out the fruit every 24 hours and ferment for up to a week.

Herbs Try adding spices and herbs, like cayenne pepper or mint.



10% DISCOUNT
Get 10% off Masontops fermenting beverage products, including kefir and kombucha kits!

THANK YOU FOR YOUR PURCHASE



2-PACK KEFIR CAPS

We hope you enjoy your new Masontops product and the benefits homemade kefir has to offer.

If you want to start making more fermented drinks or give a kit as a gift, you can use coupon code "MTDRINKS" to get 10% off all Masontops kefir and kombucha products in the Genuine Essentials Amazon store.

Never tried kombucha? It's more tangy and sour than kefir and has incredible digestive benefits, as well as probiotics.



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