

Welcome to the family





Thank you for your purchase and welcome, on your exciting journey, to better Gut Health and Vitality!



As much art as science, give yourself the time and permission to be a beginner, to have more questions than answers and the faith that you can - and will - figure this out.

Through patience and persistence, you are bound to be successful!

ALMOND MILK KEFIR / INSTRUCTION SET

You'll Need

-  1 packet (5g) Almond milk kefir Grains [link](#)
-  250ml of Almond Milk

-  1 fig or date
-  Kefirko Kefir Maker [link](#)

Getting started

Start as soon as you receive your grains


1. Place your almond milk Kefir grains into your Kefir Maker
2. Pour organic almond milk over grains
3. Add the fig or date
4. Place lid of Kefir Maker on and open the top lid slightly to allow air circulation
5. Place your Kefir Maker on the counter out of direct sunlight or in a cupboard (preferably between 20 to 24 °C)
6. Leave your almond milk kefir to ferment for between 7-10 hours (almond milk kefir will ferment faster in hot weather)
7. Then close lid of your Kefir Maker to ferment in a refrigerator for a further 48 hours.
8. After 48 hours, strain the contents of the jar into another container.
9. Place lid on the jar or bottle with almond milk kefir in fridge
10. Go back and repeat the fermentation process in steps 1-9 using the same grains

Voila
First ferment complete
- well done!
You can now drink the Almond Milk kefir
and enjoy the health benefits

Knowing when fermentation is complete takes practice

So taste your almond milk kefir after 10 hours and then again after 48 hours. The longer you leave it to ferment, the more tart and separated the almond milk kefir will be

Ideal Almond Milk kefir should smell yeasty and taste slightly tart

 We encourage you to repeat steps 1 to 9 once you have reached this point.

How much should I have?

We recommend starting with a tablespoon of almond milk kefir per day (probiotics are powerful) and slowly increasing to one cup per day for a happy, healthy gut.

How to store

When not fermenting, almond milk kefir grains need to be refrigerated.

1. Place grains in almond milk
2. Store in fridge for up to 2 weeks



Thank you for being awesome!

Check out the Nourishme Organics Gut Health Guru's facebook group if you want to compare, have any doubts or ask any questions that aren't in these instructions.

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