

# 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!

## COCONUT MILK KEFIR / INSTRUCTION SET

### You'll Need

-  1 packet (5g) Coconut Milk Kefir Grains [link](#)
-  250ml Coconut Milk
-  Kefirko Kefir Maker [link](#)

### Getting started


1. Pour coconut milk into your Kefir Maker
2. Add coconut milk kefir grains
3. Place lid of Kefir Maker on and open the top lid slightly to allow air circulation
4. Place your Kefir Maker on the counter out of direct sunlight or in a cupboard (preferably between 20 to 24 °C)
5. Leave your coconut milk kefir to ferment for 12-48 hours (coconut milk kefir will ferment faster in hot weather)
6. After 12-48 hours strain the contents of the jar into another container
7. Place lid on the jar or bottle with coconut milk kefir in the fridge
8. Store coconut milk kefir in fridge for 24 hours before consuming
9. Go back and repeat the fermentation process in steps 1-8 using the same grains

*Voilà*  
First ferment complete  
- well done!  
You can now drink the Coconut Milk kefir  
and enjoy the health benefits

## *Knowing when fermentation is complete takes practice*

So taste your coconut milk kefir after 24 hours and then again after 48 hours. The longer you leave it to ferment, the more tart and separated the coconut milk kefir will be;

**Ideal coconut milk kefir should smell yeasty and taste slightly tart**

-  We encourage you to repeat steps 1 to 8 once you have reached this point, to generate a greater quantity and improved probiotic quality of your coconut milk kefir.

## *How much should I have?*

We recommend consuming one tablespoon of coconut milk kefir per day (probiotics can be powerful) and slowly increasing to one cup per day for a happy healthy gut.

## *How to store*

When not fermenting, coconut kefir grains need to be refrigerated

1. Place grains in fresh coconut milk
2. This can be stored in the 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.

*Kriben Govender Founder*

[www.nourishmeorganics.com.au](http://www.nourishmeorganics.com.au)