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 WATER KEFIR / INSTRUCTION SET

You’ll Need

- 1 packet (15g) Coconut Water Kefir Grains [link]
- 15g of good quality sugar [link] (we recommend organic unprocessed Rapadura sugar)
- 500ml of coconut water (use regular preservative-free or water directly from a coconut)
- KefirKo Kefir Maker [link]

Getting started

Start as soon as you receive your grains

1. Pour coconut water into Kefir Maker
2. Add sugar and stir until dissolved
3. Once dissolved, add kefir grains
4. Place lid of Kefir Maker on and open the top lid of the Kefir Maker 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 coconut water kefir to ferment for 24-48 hours (coconut water kefir will ferment faster in hot weather)
7. Gently shake the jar regularly (a good way to remember is every time you walk past)*
8. After 24-48 hours strain the contents of the jar into a resealable glass bottle
9. Go back and repeat the fermentation process in steps 1-8 using the same grains
* Shaking the fermenting kefir prevents the formation of yeasts and acetobacter colonies from forming on the surface. If colonies form they will appear as a light-brown wavy film. Skim this off, discard the film. The Kefir will still be okay to use.

**Knowing when fermentation is complete takes practice**

So taste your coconut water kefir after 24 hours and then again after 48 hours. The longer you leave it, the more sugar ferments out and kefir will taste more sour. If limiting carbs, we recommend a minimum of 48 hours. Do not leave more than 4 days as this can starve the grains.

**Ideal Coconut water 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 water kefir.
- If you choose to, you can now drink your Coconut water kefir, repeat the steps as above or learn about second fermentation [link](#) (aka carbonated kefir!)

**Second Ferment (coconut water Kefir)**

1. Add 1 part fruit juice to 9 parts fermented coconut water kefir in a jug and mix well
2. Place your mixture in a glass bottle [link](#) and cap tightly
3. Place bottle in cupboard or on a bench at room temperature
4. Leave to ferment for 1 to 2 days
5. Transfer to a refrigerator to chill and serve

**Voila!**

Second ferment complete! You can drink or refrigerate for a fizz fix!

**CAUTION!** Always be careful when opening the lid after fermentation. Due to the amount of pressure generated, there is a risk that cheap bottles can explode so: Always use a good quality glass bottle!

- We recommend our range of Second Ferment Bottles, for their safety and quality [click to view](#)

**How much should I have?**

We recommend starting with a tablespoon of coconut water 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, coconut water kefir grains need to be refrigerated.

1. Place grains in sugar water solution
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.

**Kriben Govender Founder**