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!

**MILK KEFIR / INSTRUCTION SET**

**You’ll Need**
- 1 packet (5g) Milk Kefir Grains [link]
- 250ml of Milk (we recommend organic, full cream goat or jersey cow milk like A2)
- KefirKo Kefir Maker [link]

**Optional extra ingredients:**
- 15g of milk kefir growth premix [link]

**Getting started**

*Start as soon as you receive your grains - It will take about 3 batches for grains to acclimatise to your environment*

1. Pour 250ml of milk into Kefir Maker
2. Add 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 milk kefir to ferment for between 12-48 hours (milk kefir will ferment faster in hot weather)
6. Gently shake the jar regularly (a good way to remember is every time you walk past) *
7. After 12 to 48 hours (depending on how sour you want your kefir to taste), strain the contents of the jar into another container.
8. Go back and repeat the fermentation process in steps 1-7 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 ok to use.

Knowing when fermentation is complete takes practice

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

Ideal Milk kefir should smell yeasty and taste slightly tart

We encourage you to repeat steps 1 to 7 once you have reached this point, to generate a greater quantity and improved probiotic quality of your Kefir.

How much should I have?

We recommend starting with a tablespoon of 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, milk kefir grains need to be refrigerated.
1. Place grains in fresh milk (we recommend organic, full cream goat or jersey cow milk like A2)
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

www.nourishmeorganics.com.au