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!

WATER KEFIR / INSTRUCTION SET

You’ll Need

✓ 1 packet (15g) Water Kefir Grains [link]
✓ 15g good quality sugar [link] (we recommend organic Rapadura sugar)*
✓ 500ml of cold water (avoid filtered water)
✓ 1 pinch bi-carb soda*
✓ ¼ teaspoon of molasses* [link]
✓ 1 slice of lemon
✓ Kefirko Kefir Maker [link]

*These ingredients can be substituted for:
✓ 15g of our Water Kefir Growth Pre-mix [link]

Getting started

1. Pour water into Kefir Maker
2. Add the sugar, molasses and bi-carb soda, stir until dissolved (or substitute with 15g of water kefir growth premix)
3. Once dissolved, add water kefir grains and lemon slice
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 water kefir to ferment for 24-48 hours (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
Knowing when fermentation is complete takes practice

So taste your water kefir after 24 hours and then again after 48 hours. The longer you leave it, the more sugar ferments out and Water 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 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 Kefir.

✅ If you choose to, you can now drink your water (aka carbonated) Kefir, repeat the steps as above or learn about Second Fermentation [link]

Second Ferment (water Kefir)

1. Add 1 part fruit juice to 9 parts fermented 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! Carbonating kefir makes it fizzy and fruity. It’s tasty and easy

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 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, 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.

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