



Image source: Smithsonian Magazine, Caucasus Mountains, the origin of our kefir granules

Kefir (pronounced *keh-fear*) is a traditional cultured dairy food, originating in the Central European Caucasus Mountains. Cell-Logic's dairy kefir granules are from this authentic source.

Dairy kefir is rich in naturally-occurring probiotic organisms, including many species of *Lactobacilli* and other beneficial bacteria as well as *Saccharomyces boulardii* and related yeasts.

With such a diverse array of probiotic organisms in genuine home-made kefir, you can enjoy an easily-digested low-lactose probiotic food in which its proteins are also modified for easier digestion.

Kefir is highly recommended for those following the **Gut Ecology & Metabolic Modulation Protocol. (G.E.M.M.)**

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## DAIRY KEFIR STARTER GRANULES



### Serving suggestions:

- Try adding FibrOat beta-glucan (a prebiotic) for a thicker texture.
- Serve with fresh fruit, nuts and seeds
- Add to oat-based Bircher Muesli soaked over night
- If you wish, flavour with fruit puree, spices (cinnamon and vanilla are delicious) and drink as a beverage
- Add to raw muesli or granola as you would with yoghurt
- Chia seed pudding can be made by soaking overnight 2 tablespoons chia seeds, 1 cup dairy kefir with added cinnamon, vanilla and stewed or grated apple as desired.

**Advisory Statement:** Prepared Milk kefir is best consumed within 2 weeks. All fermented foods may contain trace amounts of alcohol. If fermented foods are being prepared for children, breastfeeding mothers, or pregnant women, please seek advice from a medical practitioner before consuming these products. To keep alcohol as low as possible, ensure that: the kefir jar lid is open to the air. Consume within 24 hours as alcohol content may increase over time in refrigerated storage.

# Dairy Kefir Instructions

## You will need:

1. One 7.5-gram sachet of Cell-Logic Dairy Kefir Granules
2. 250 mL full-cream or low-fat Organic Milk (these kefir granules need dairy lactose as their food)
3. A wide-mouthed glass jar holding no less than 1 Litre
4. A piece of muslin or similar open-weave cloth large enough to cover the opening of the jar
5. A rubber band large enough to secure the cloth to the neck of the jar
6. A fine mesh non-metal strainer and a wooden spoon



## Waking up your granules

Follow the steps below for your first 3 batches, allowing your grains to gradually become active.

1. Pour 125 mL of milk into the clean jar.
2. Add the 7.5 g sachet of milk kefir granules. Cover with the muslin cloth and secure with the rubber band.
3. Leave on the bench out of draughts and direct sunlight (preferably at 20° to 30° Celsius) for 24 hours.
4. Stir or shake the jar occasionally during fermentation; skim off any film that may have formed on the surface.
5. Strain the kefir, being careful to retain all the softened grains.
6. Add the softened grains to your washed jar and repeat **twice more**. Your grains are now ready for a full batch.

**SPECIAL NOTE:** In hot weather, the milk will ferment faster and noticeably thicken sooner; it may even separate, showing liquid on the bottom of the jar. The longer it ferments, the more tart the flavour, as the lactose converts to lactic acid. If it separates, simply stir the whey back into the solids and strain normally.

Alternatively, you can make a soft spreadable kefir 'cheese' by straining the kefir through 2 layers of muslin, retaining the solids; the whey is still rich in kefir probiotics and can be used in a variety of other ways.

## How do I use it?

Your kefir will have the texture of a drinking yoghurt and can be flavoured in a variety of ways. The simplest option is to stir vanilla and cinnamon into your preferred quantity of kefir. Using a high-speed blender, combine your kefir with raw cashews or almonds, banana, frozen berries, other fruits with or without ice. Experiment with different combinations for an easy meal in a glass!

## How much should I drink?

If you are not accustomed to consuming cultured foods, we recommend starting with a tablespoon or two and working up to consuming half to one cup per day.

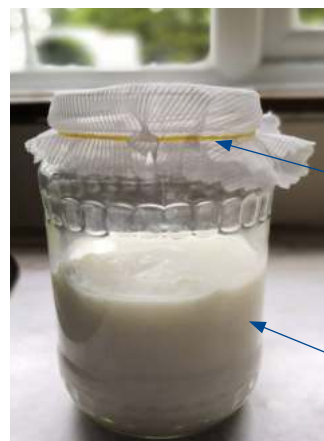
## What if I need a break?

When you are not fermenting, milk kefir granules need to be kept refrigerated by placing in fresh milk for up to two weeks. Change the milk each week. Kefir granules can be frozen for up to two years by first mixing with milk powder and sealing in a zip lock bag. When you are ready to use them, follow the steps above to 'wake them up' again.

## ...Ongoing batches

1. Pour 500 mL of dairy milk into a clean jar. Add your softened milk kefir granules.
2. Loosely cover jar with a lid or a piece of muslin cloth and secure with the rubber band.
3. Leave on the counter out of the direct sunlight (preferably at 20° to 30° Celsius) for 12 to 24 hours.
4. Shake the jar occasionally during fermentation, although this is not necessary.
5. After 12 to 24 hours (depending on the temperature of the room – and your taste), strain the milk kefir through the mesh strainer to leave only the kefir granules behind (which you keep and re-use).
6. To make a new batch of kefir, add those retrieved granules to 500 mL fresh milk and repeat the process.
7. Bottle and store your milk kefir in the refrigerator.

The kefir may thicken a little more during refrigerator storage where it will continue to ferment, although much more slowly. Your kefir will also continue to make beneficial compounds like *kefirin* and vitamins such as folate and other B group vitamins.



The ideal kefir should smell yeasty, taste slightly tart and might be just starting to separate into curds and whey

Use a piece of muslin cloth that fits comfortably over the wide-mouthed glass jar and fasten with a rubber band to keep out dust and insects.

After 12-24 hours, your kefir is ready to bottle and refrigerate.

Your grains will slowly multiply the more batches you make. If you notice your kefir separating too readily, remove some of the grains and store in a little milk in the refrigerator – or give them to a friend.

