



Ancient records show that the cultured dairy food, Kefir (pr. *keh-feer*) originated in the Central European Caucasus Mountains. Cell-Logic's kefir granules have come from this authentic source.

Water kefir is a modern adaptation of the probiotic-rich dairy kefir granules, favoured as a dairy-free delicately-flavoured low-sugar carbonated 'soft drink'.

Both Water and Dairy Kefir are highly-recommended for those following the Gut Ecology & Metabolic Modulation (G.E.M.M.) Protocol - or for anyone wanting to ensure regular intake of a wide range of beneficial probiotic organisms.

cell-logic.com.au

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WATER KEFIR STARTER GRANULES



Serving suggestions:

Flavouring your Water Kefir is limited only by your imagination.

- Try adding finely-grated ginger and the juice of half a lemon to your second ferment 1 Litre bottle
- Add ¼ cup of any fruit juice to flavour and provide sugar for your kefir microbes to continue fermenting – flavours that work well are pear, pineapple, all citrus and berries.
- Add a few berries, a few slices of orange, grapefruit, lemon or mandarin.
- Serve 250 mL in a glass with ice as it is or dilute with mineral water if you prefer.

Advisory Statement: Prepared Water 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 regularly burped. Consume within 24 hours as alcohol content may increase over time in refrigerated storage.



Water Kefir Instructions

You will need:

1. One 15-gram sachet of Cell-Logic Water Kefir Granules
2. A 4-Litre glass fermentation jar with a lid that fully seals and secures
3. Raw sugar (Optional: Dried figs, dates, treacle, golden syrup)
4. Slices of lemon
5. Slices of fresh ginger rhizome
6. A fine non-metal mesh strainer, a wooden spoon and a funnel
7. 4 x 1-Litre secure bottles for your 2nd ferment and final beverage



Waking up your granules

Days 1 and 2

1. Pour 1 Litre of filtered water into your 4-Litre jar
2. Add the 15-gram sachet of Water Kefir Granules
3. Add 2 slices of lemon and 4 slices of ginger
4. Dissolve ½ cup raw sugar in the water

Seal the jar and leave for 48 hours on the bench; discard all but the softened, expanded grains. (Water kefir grains multiply very quickly)

Fermentation Wake-up Phase (6 days)

Days 3 and 4

1. Add 3 litres filtered water to your 4-Litre fermentation jar
2. Add ½ cup raw sugar and stir or shake to dissolve
3. Add 3 slices fresh ginger and 2-3 slices fresh lemon
4. Seal your jar and leave on the bench for 48 hours, preferably at 20-30 degrees C. (In hot weather, it ferments faster).
5. When you see bubbles forming, you will know it is fermenting. Open the lid periodically to allow the carbon dioxide gas to escape.
6. After 48 hours, strain the water kefir, being careful to retain your expanded granules. Discard the liquid which will not have fully fermented yet.

Day 5 and 6

7. Repeat Steps 1-5 for the following 48 hours, after which your granules are ready to go to work!

...Ongoing batches

1. Pour 3.5 Litres filtered water into your 4-Litre fermentation jar, adding ½ cup sugar.
2. Add 4 slices fresh ginger and 2-3 slices of lemon.
3. Add dried fruits such as a couple of figs or a few raisins if desired.
4. Add all your activated jelly-like kefir granules.
5. Secure the lid and release pressure periodically when you notice bubbles forming and rising to the top.
6. After 48 hours, strain the kefir into a large jug or bowl, removing the fruit and retaining the granules for your next batch.
7. Using the funnel, add ¼ cup of your preferred juice to each of the 4 long-necked fermentation bottles and then add the water kefir liquid, leaving at least 6 cms air space above the liquid.
8. To 'second ferment', leave the secured bottles on the bench for up to 48 hours, releasing the lids periodically to prevent build-up of excessive gas pressure which might cause the bottle to explode.
9. When you are satisfied that your kefir has developed the fizz of a soft drink and enough sugar has fermented that it is not too sweet, refrigerate the bottles.
10. CAUTION: Pressure can build up, so be careful to release pressure several times a day. To consume, open bottles carefully over the sink with the lid pointed away from you. Store your bottles in the refrigerator. Kefir will continue to ferment, only much more slowly when chilled.

How much should I drink?

We recommend starting with ½ cup and gradually increasing as preferred.

What if I need a break?

When you are not fermenting, kefir granules need to be stored refrigerated in a suitable jar well-covered with water and ½ cup raw sugar. After 2 weeks, strain and add fresh water and more sugar.

Do I need to second ferment?

No; it is a matter of your personal taste preference.

The fruit juice – or even just a few fruit slices provides more varied options and a slightly more diverse population of bacteria.



The ideal water kefir should be very mild in flavor, bubbly slightly sweet, and a tiny bit yeasty

Use sliced ginger or dried fruits such as figs or raisins for extra mineral and sugar for your granules to eat

After 48 hours, your kefir is ready to bottle and refrigerate - or begin your second ferment in bottles. Any longer can starve your granules because they will have eaten all the sugars

CAUTION: Take special care to release pressure in your 1 Litre bottles several times daily to avoid bottles exploding.

