



Recipe for Making Water Kefir

Equipment Needed:

2 1-litre or 2-quart Mason jar with lid
2-cup measuring cup for measuring out the water and straining out the grains
Wooden spoon or rubber spatula for stirring
Mesh strainer

To Make The Water Kefir:

3 1/2 cups spring water or non-chlorinated water (with minerals)
1/4 cup organic sugar or other sucrose-based sweetener such as sucanat, coconut sweetener or palm sugar
1 – 1 1/2 tbsp water kefir grains

Pour the water into one of the Mason jars and add the sugar. Stir to dissolve the sugar. Once dissolved, add the water kefir grains to the water mixture. Place the lid on top and screw it on tightly. Let it sit at room temperature (70-86 degrees F or 21-29 degrees C) for 24-48 hours.

To remove the grains: Place the mesh strainer onto the measuring cup. Open the jar and pour the water kefir through the strainer to catch the grains. Transfer the kefir water from the measuring cup to the clean Mason jar. Screw on the lid and place it in the refrigerator. A new batch of kefir water can be made with the grains. Continuous fermentation is best for the grains. See “Tips for Making Kefir” for storing the grains, if you do not want to make another batch.

Second Fermentation: If you want to increase the fizzy taste or you want to add flavours and ferment further, the water kefir can be left to sit at room temperature for another 24-48 hours without the grains. Add your favourite fruits, herbs, essential oil or vegetable juices. If using fruits, only ferment for 12 hours as fruit ferments into alcohol.

Note: Leaving the grains in water past 24 hours runs the risk of starving the grains.