



Recipe for Tepache

Equipment Needed:

2 or 4-cup liquid measuring cup and 1/4 cup measuring cup
Spoon
1 litre or 1 quart Mason jar with lid
Plastic or nylon mesh strainer

To Make The Recipe

3-4 cups kefir water (with kefir grains removed)
1/4 cup sucanat
1 – 1.5 cups pineapple chunks
1 cinnamon stick

Put the pineapple in the jar. Add the kefir water and leave about one inch of space from the top of the rim of the jar. Add the sucanat and cinnamon stick. Stir the mixture. Screw the lid on tightly. Let the mixture sit at room temperature for 12 -24 hours. Remember that fruit ferments into alcohol if left too long. After it has fermented, strain the mixture to remove the pineapple and cinnamon stick. Pour the strained liquid back in the jar, Put the lid on and store in the refrigerator. Drink as desired – it will keep as is for at least two weeks. The pineapple can also be eaten and remember, the pineapple has been fermented so the nutrients are more bioavailable.