

Tips For Adding Milk Kefir To Daily Diet

Milk Kefir

- The 32 strains of symbiotic strains and good bacteria and yeast are unique
- Having these strains in cow, goat or coconut milk should be a main priority for gut health
- Buying milk kefir made from kefir grains is possible but you must choose carefully – not all kefirs are made with kefir grains

Milk Kefir

- Milk kefir is a source of a complete protein with protein partially digested by the fermentation process making it easier to finish the break down to amino acids
- Milk kefir from whole milk contains fat soluble vitamins and essential fatty acids all made more bioavailable by fermenting

How To Add It To The Diet

- Either make a recipe with it or just down it
- If you find that the recipes with kefir in it are not to your liking - then just down it
- 1-2 tbsp is more than enough
- If you are trying heal your gut 1/4 -1/2 cup may be the way to go
- Making your own kefir is fast, easy and cheap

Adding To Recipes

- Add to a salad dressing – works really well
- Add to the smoothie – you need to adjust the flavour to suit you as it is quite strong
- Baking with it is great for the baked item but does not give you the beneficial good bacteria – does have some prebiotic benefit
- Can be use in sauces and dip – but needs to be balanced with something blander

Adding To Recipes

- Can be used any where milk is used but as a raw substance – the flavour needs to be adjusted
- Great for frozen desserts
- Whatever you do, just do it
- You will be happy with kefir no matter what you choose to do.

