



Water Kefir

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Recipe

There are many water kefir recipes on the internet but this is one of my favourites and will help get you started!

Ingredients:

1. $\frac{1}{4}$ cup of water kefir grains
2. 3 cups of filtered water (1 cup boiled and 2 cups room temperature)
3. $\frac{1}{8}$ of a teaspoon of bi-carb soda
4. $\frac{1}{4}$ cup of raw organic sugar
5. $\frac{1}{2}$ of a teaspoon of organic molasses (provides additional nutrients to the grains)
6. $\frac{1}{4}$ of an organic chemical free lemon
7. 1 knob of ginger – approximately 2 – 3 cm long

Method:

1. Add 1 cup of boiling water to a heatproof glass jar.
2. Add the sugar, bi-carb soda, molasses and stir until dissolved.
3. Add the remaining 2 cups of room temperature water.
4. Add in the kefir grains (the water must not be hot, slightly warm is OK).
5. Add the lemon and ginger into the jar.
6. Put a loosely fitted lid on the jar or a piece of organic cotton breathable material and secure with elastic band. It's important that the jar can breath, as the fermentation process can create pressure, which may lead to the jar lid being forced off.
7. Leave the jar in a warm place for at least 48 hours, but not in direct sunlight. After 48 hours with a clean sieve drain the liquid into another clean container or bottle and this is what you drink so store in the fridge or you can do a second ferment to flavour using fruits or syrups.
8. Take out the ginger and lemon from the drained grains, with clean filtered water gently wash the grains and repeat the process.

Note:

1. Your grains will multiply so either experiment with different flavours when fermenting, eat the grains, put on the garden or give away to family and friends!
2. The lemon and ginger are option. If the molasses is too strong in flavour reduce the amount or leave out but after a couple of fermentations cycles use the molasses for at least 1 cycle.