

## **ROOT BEER Water Kefir**

This was made with Royal Old Fashioned Soda Extract found at a beer and wine store in Moose Jaw, Sk. This recipe yields four 500ml bottles of root beer water kefir.

Bring the following to a boil on medium heat;

4 cups water

1/2 - 1 cup sugar

1 tsp of Royal Root Beer Extract

Once sugar has melted, remove from heat and let cool till it's not too hot to comfortably hold your finger in.

Using a funnel, pour root beer syrup into bottles filling half way. Fill the rest with finished water kefir, seal and let sit at room temperature for 1-4 days until fizzy. Check periodically by opening the bottle and listening for sound of carbonation. Add ice cream for a delicious root beer float! Or better yet, add in milk kefir ice cream for a sinfully delicious, healthy indulgence!!