

Welcome to the wonderful world of **Water Kefir**! With your new grains you will be able to create delicious, fizzy, fruity and probiotic drinks.

To rehydrate dry grains: **Proceed directly to Basic Instructions if you ordered FRESH water kefir grains.*

Place dry grains in 2 cup of water with 1 tbsp of sugar (cane sugar, rapadura, sucranant or white sugar), leave for 48 hours on the counter, strain and discard liquid. Add strained grains to fresh batch of 2 cups water and 1 tbsp sugar. Grains should plump up (almost double in size). This takes roughly 2-4 day then continue on to instructions below.

Basic Instructions:

As with all ferments, there is no one way to make water kefir. We have provided some basic instructions, but with time you will develop your own methods.

- Your grains need sugar, unchlorinated water, and minerals to survive.

Sugar: Use equal parts sugar to grains.

Water: The ratio is 2 cups water to 2 tbsps sugar and 2 tbsps of grains. This is not an exact science but a guideline.

Mineral Sources: Spring water, Potable well water, raw sugars like Sucanat and Rapadura instead of the white sugar in the recipe, a few drops of Concentrace liquid minerals, a pinch of Celtic sea salt, half an egg shell, pinch of baking soda or small spoon of black strap molasses.

Extras: Dried and unsulphured fruit, a few spoons of lemon juice. Some people find that dried fruit made their water kefir yeasty or slimy but many people have huge success with it.

- Dissolve your sugar in water. Add your grains and whatever else you are adding. Cover tightly and leave at room temperature for 1-3 days.
- Taste daily for sugar content. Strain out grains with a fine strainer when it no longer tastes sweet. Re-feed your reclaimed grains using the above instructions. Now you can use the separated liquid to second ferment into a healthy soda. See instructions below.

Second Fermenting your water kefir:

You need bail top, swing-top bottles to do this. Something that lets out some pressure but keeps oxygen out. You could do this in canning jars if that is all you have.

1. To make second fermented water kefir you mix your strained off liquid with juice, syrup, fruit pieces, ginger, mint, herbs, chia and anything else you can think of, the options are endless. Mix about half juice with water kefir in your bottles, there are lots of recipes on the internet and experiment!

2. Let ferment on counter another 12-48 hrs. It is done when it is good and fizzy. Check pressure around 12 hours and roughly every 8 hours after until ready.

Recommended combinations to try: Lime/mint, raspberry/ginger, banana/berry, cranberry/lemon, saskatoon/vanilla, sour/cherry, plain vanilla, saskatoon/maple syrup.