Getting Started with kefir!

I have used various tools in making my kefir, but these are my favorites. I have included links to the tools for quick access, but you can use what you have or find your favorites.

You can use metal if it does not have prolonged contact with your grains as metal exposure can damage the grains. I am not one to risk it- and I like my grains to be strong and happy, but I know people who do just fine.

- 1-2 TBS live milk kefir grains
- 2 cups milk
- 2 quart size clean glass mason jars
- silicone or plastic spatula/tool
- plastic mesh strainer
- large plastic bowl with spout
- Plastic jar lids

- ☑ Add kefir grains to 2 cups milk of choice (not ultra pasteurized) in a mason jar
- ☑ Cover with cheese cloth and secure with rubber band OR place a plastic lid on top of jar (I use a plastic lid)
- ☑ Let sit at room temperature for 24 hours
- ☑ Strain using plastic spatula and strainer
- ☑ Make a delicious shake or store in the refrigerator

- ☺ For happy grains feed them fresh milk every 24 hours.
- ☺ Grains and fermented milk can be stored in the refrigerator for months.
- ☺ Stay away from high heat, metal, and ultra pasteurized milk
- ☺ Scan for more kefir information

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