

# Let's make some kefir!

## KEFIR

Prep time: 20 mins Ready in: 24 hours  
Makes 1 L (1 US qt)

### Ingredients

1 L (1 US qt) milk, soy milk, coconut water or fruit juice

1 sachet of kefir culture

**Tip:** Your kefir is adaptable and will have different characteristics depending on your choice of ingredients.

If you're using milk, a higher fat content will give you a thicker and more creamy kefir. If you choose coconut water or fruit juice it won't thicken much as it has low/no fat, but try leaving the lid on at step 3 to get a fizzy kefir!



1

Add 1 L (1 US qt) of milk, soy milk, coconut water or fruit juice to the jar.



2

Add culture and mixing ball. Replace lid and shake well.



3

24 HOURS ⌚

Replace the lid with muslin cloth and leave at 20 - 30°C (68 - 86°F) for 24 hours or until set or fizzy (refer to tip).



4

Remove the muslin cloth, replace the lid and shake vigorously before putting in the refrigerator.

**Store in the refrigerator** for up to **2 weeks**.

## HOW TO RE-CULTURE YOUR KEFIR

Your culture can be re-cultured a further two times from the initial kefir batch. We recommend re-culturing within 7 days of your first batch.

1. Save ¼ cup (62 g) of kefir from the previous batch and add it to 750 mL (25.7 US fl oz) of fresh milk, juice or coconut water.
2. Cover the jar and leave at room temperature for 24 hours or until set or fizzy (refer to tip).



To flavour your kefir, add your desired flavour directly to the jar or use a blender to make a delicious smoothie.

Berries or tropical fruits go perfectly with the tang of kefir. Coconut water and pineapple kefir is our favourite!

Visit [www.madmillie.com](http://www.madmillie.com) for recipe inspiration.

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Serving suggestion

## How to make your own Kefir



Available online at  
[www.madmillie.com](http://www.madmillie.com)

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