



## KEFIR

### **You'll need:**

2 mason jar's or other glass containers,  
Wooden spoon,  
Plastic sieve,  
Piece of muslin cloth and elastic band to cover the  
fermenting jar.

### **Ingredients:**

Kefir grains (ask your Nutrition Mission therapist for these),  
Milk – cows, goats preferably full fat organic, or non-dairy  
milk such as rice or almond.

1. Put the grains into one of your glass jars.
2. Add milk. Leave about half an inch at the top of the jar.
3. Cover the jar with a muslin cloth and set it on the kitchen work surface or in a cupboard (not the fridge) for at least 24 hours. The kefir grains will culture the milk faster in a warmer environment than in a cool one. You will know when it's done as it will look thicker. The longer you leave it out the thicker it will become and the more tangy it will taste.
4. When it's ready pour the kefir into the strainer set over the other glass jar/container. Use the wooden spoon to gently stir the liquid until it has all passed through the sieve.
5. Put the grains back into the fermenting jar and start the process over again. Grains will last a lifetime if they are fed and looked after well. When the grains have grown too much either throw them away or give them to friends so that they too can start a gut healthy, tasty habit!