PROBIOTIC-RICH KEFIR

This simple recipe for homemade kefir made on the countertop is superior for gut health compared to both yogurt and commercial kefir. It provides a tart flavor in smoothies and a boost of beneficial probiotics for your health.

EQUIPMENT NEEDED

- Glass jar
- Paper towel
- Elastic to cover
- Plastic strainer

Makes: 2 cups kefir

INGREDIENTS

Kefir grains Note: Join the 'UAE Culture Club' Facebook group to find someone willing to share kefir grains in your area. In the US and Canada, CulturesforHealth.com is a great online resource for all things fermentation

2 cups whole milk (or coconut milk)

DIRECTIONS

1. Place kefir grains and fresh milk into a glass jar.

2. Cover the jar with a paper towel and elastic to prevent dust and dirt from falling in. Do not seal the jar.

3. Let it sit and ferment on your counter for 8 to 24 hours, depending on the temperature of your kitchen. The milk will thicken and become sour tasting. The longer it ferments the more sour and probiotic-rich it becomes.

4. Strain the kefir from the fermented milk through a plastic strainer and enjoy the benefits of this amazing probiotic beverage. Important Tip: Do not let metal touch the kefir grains and never rinse them under unfiltered tap water.

5. Make a fresh batch of kefir or store the kefir grains for future use:
   - To make a new batch of kefir, add the kefir grains to a clean glass jar with fresh milk and repeat steps 2 to 4.
   - To store the kefir grains for future use, place the grains in a small glass jar covered with milk and store in the freezer. Thaw the milk on the counter when you're ready to resume the process.