

PROBIOTIC-RICH WATER KEFIR



A fizzy fruit-infused sparkling water packed with beneficial probiotics that your kids will ask to drink every day!

EQUIPMENT NEEDED

- Glass jar
- Paper towel
- Elastic to cover
- 1L glass jar

Makes: 4 cups water kefir

INGREDIENTS

- ¼ cup water kefir grains
- ¼ cup cane sugar
- 4 cups filtered water, room temperature
- 2 Tbsp blueberries (or berry of choice)

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.

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DIRECTIONS

1. Place water kefir grains, sugar, and water into a glass jar. Gently stir the water with a wooden spoon to help dissolve the sugar.
2. Cover the jar with a paper towel and elastic to prevent dust and dirt from falling in. Do not seal the jar. Place the jar in a warm area away from direct sunlight.
3. Let it sit and ferment for 24 to 72 hours, depending on the temperature of your kitchen and quality of the ingredients. Better quality sugar requires less time to ferment. The water will begin to form air bubbles as it ferments. The longer it ferments the more alcoholic tasting it becomes. Tip: Enhance carbonation by adding a small amount of a high potassium ingredient such as coconut water or coconut sugar to the sugar.
4. Strain the fermented water into a 1L glass jar but reserve about an inch of the brew as a "starter" for your next batch. Don't throw out your grains!
5. Repeat the process by following steps 1 to 4 and the suggested maintenance tips on the next page.
6. If you wish to flavor your strained water kefir with fruit, add blueberries in a mesh bag, stainless steel tea ball or directly into the jar and refrigerate for at least 24 hours. This is called a "second fermentation". Discard the berries once your water kefir is finished.

MAINTENANCE TIPS

Water kefir grains are a little more high maintenance than milk kefir grains.

Here are some tips to ensure they grow and remain healthy so you can share them with friends and family. After every other batch:

1. Place the grains in a ceramic or glass bowl of filtered water.
2. Add 1/8th teaspoon baking soda to the filtered water and stir gently.
3. Wait 20 minutes to clear the grains of stored sugar and minerals created by the fermentation to help the grains remain healthy.
4. Rinse with filtered water and proceed with the fermentation process by adding your grains, sugar and water to a clean jar.