




## EASY KEFIR STARTER

Instructions for use



A clear glass filled with a white, slightly thick liquid, likely kefir, sits on a light-colored wooden surface. The glass is partially filled, with the liquid level about two-thirds up. The background is a blurred wooden surface.

**Kefir has been called  
the champagne of  
yogurt...**

...but it's so much more than that. Kefir contains **numerous major strains of good bacteria** not commonly found in yogurt, and is a **turbo-charged-energy-anti-biotic-colon-cleansing drink!**

Kefir is a mild nutrient-rich drink that pre-digests the lactose helping the body better assimilate the good stuff. Kefir is much easier to make than yogurt and only requires a canning jar or vessel.

Kefir can help you digest everything. Its active yeasts, good bacteria, and digestive enzymes provide more nutritive value than yogurt by helping digest the foods you eat. And it's delicious too!



## HOW TO MAKE KEFIR

### Ingredients:

- 1 packet of Easy Kefir starter culture\*
- 4 cups (1 quart or 1 liter) fresh milk
- Quart jar with lid

Most dairy milk types are acceptable, including whole milk, fat-reduced, non-fat, pasteurized, and homogenized. Avoid ultra-pasteurized milk when making kefir.

\*Store the starter culture in the refrigerator until you're ready to use it.



### STEP 1

Pour four cups of milk into a quart-sized jar. The milk doesn't need to be warm, it can be cold from the fridge.



1. Sprinkle

## STEP 2

Sprinkle the entire contents of one Easy Kefir starter packet into the jar and mix well.

Put a lid on the jar.



2. Mix

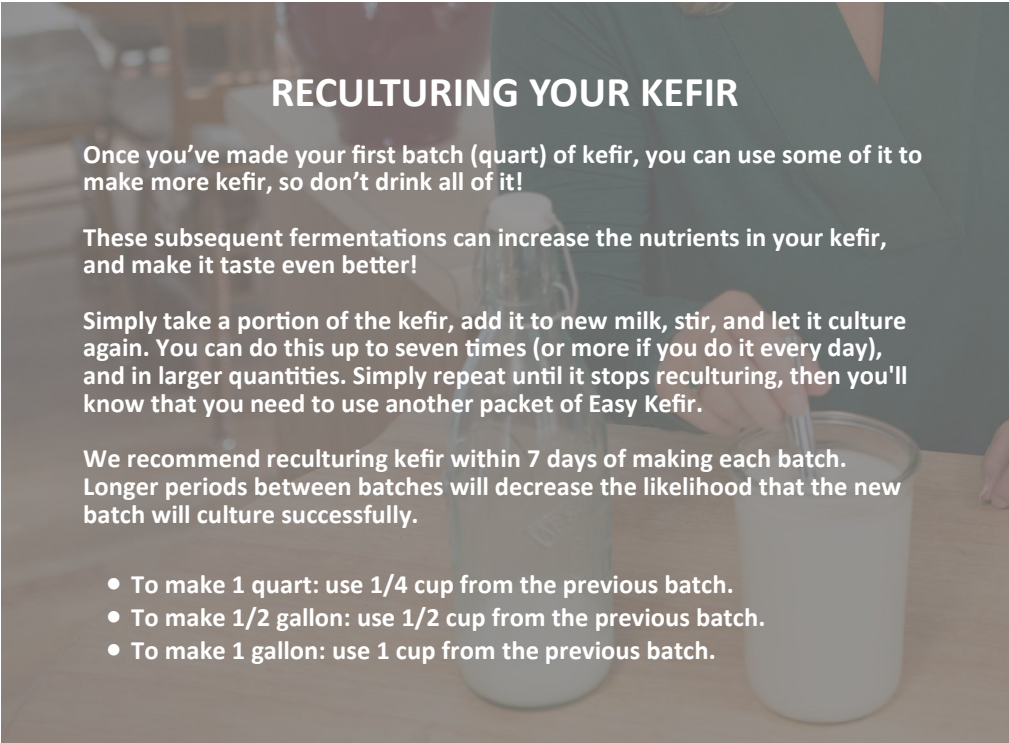


3. Cover



### STEP 3

- Let the mixture ferment at 72° to 75°F for 18 to 24 hours. If the temperature is below 72° let it ferment a little longer.
- You will know it is ready when the milk has thickened and has a distinctive, sour fragrance. Final consistency is pourable and thicker like yogurt.
- Place into the refrigerator. Even in your refrigerator the fermentation process continues, but chilling it will slow down the fermentation of the healthy bacteria and beneficial yeasts.

A background image showing a person's hands reculturing kefir. The person is using a glass jar and a spoon to mix the kefir. The image is slightly blurred and has a dark overlay to make the text stand out.

## RECOLTURING YOUR KEFIR

Once you've made your first batch (quart) of kefir, you can use some of it to make more kefir, so don't drink all of it!

These subsequent fermentations can increase the nutrients in your kefir, and make it taste even better!

Simply take a portion of the kefir, add it to new milk, stir, and let it culture again. You can do this up to seven times (or more if you do it every day), and in larger quantities. Simply repeat until it stops reculturing, then you'll know that you need to use another packet of Easy Kefir.

We recommend reculturing kefir within 7 days of making each batch. Longer periods between batches will decrease the likelihood that the new batch will culture successfully.

- To make 1 quart: use 1/4 cup from the previous batch.
- To make 1/2 gallon: use 1/2 cup from the previous batch.
- To make 1 gallon: use 1 cup from the previous batch.

**A gentle reminder:  
Take care of yourself;  
drink kefir every day.**

*Donna Schumert*  
Cultured Food Life

Scan for recipes!

