

BASIC RECIPE

MAKES ...> One 32 oz bottle (about a quart)

TIME ...> Preps: 5 minutes
Culturing: 2-5 days, depending on the ambient temperature

YOU'LL NEED ...> **Ingredients:**

1 sachet of Kefir Soda Starter

2 cups of fruit juice or coconut water (with the least additives possible)

Just under 2 cups of water, lightly filtered or spring (not fizzy)

Equipment:

- One thick 32 oz flip-top bottle, made for brewing (not from a craft store)
- A measuring cup with a spout for mixing the ingredients
- A funnel

IMPORTANT!

THIS PRODUCT CREATES STRONG CARBONATION.

- Use thick flip-top bottles made for brewing
- Remember to gently 'burp' the bottle daily, to release pressure. Otherwise, you may end up with kefir soda on your ceiling!



INSTRUCTIONS

1. In a measuring cup with a spout, mix the starter with some of the juice/coconut water until completely dissolved.
2. Pour into a flip-top brewing bottle. A funnel will help.
3. Add the rest of the juice and water, leaving 2 inches of headspace. Secure the top.
4. Let ferment until well carbonated and tangy (about 3 days). In colder homes, fermentation might take 5 days or more. Important! Gently 'burp' the bottle daily to release the pressure, then secure the top again.
5. When ready, place in the fridge to slow down the carbonation. You can enjoy the drink right away, but keep it stored in the fridge, and keep popping the top gently daily to release pressure, if needed. Consume within 1-2 weeks.

Reculturing:

For best results, reculture within 1 week. To make a new bottle, use ½ cup of kefir soda from your prepared kefir soda as a starter, 2 cups of juice or coconut water, and just under 1½ cups of water.
DO NOT ADD NEW STARTER FROM A SACHET. Mix the ingredients and ferment in a sealed brewing bottle on the counter for a day or two, depending on the ambient temperature. Gently pop the top often to release pressure.

Note: Store the starter culture in the refrigerator or the freezer until you're ready to use it.



FUN AND FIZZY RECIPES!

PARTY KEFIR SODA

MAKES ...> One 32 oz bottle (about a quart)

TIME ...> Preps: 10 minutes
Culturing: 2-5 days, depending on the ambient temperature

YOU'LL NEED ...> **Ingredients:**

1 sachet Kefir Soda Starter

1 cup apple juice

1 cup cranberry juice

1 each of long orange peel strip, long lemon peel strip, long apple peel strip, cinnamon stick

Water – lightly filtered or spring (not fizzy)



Equipment:

See basic recipe

Instructions:

1. In a measuring cup with a spout, mix the starter with some of the juice until completely dissolved.
2. Add the juice mixture, orange peel, lemon peel, apple peel, and cinnamon stick into the brewing bottle. A funnel may help.
3. Repeat instructions 3 to 5 from the basic recipe.

Reculturing:

See 'Reculturing' in the basic recipe. Use ½ cup of kefir soda as a starter, and add the remaining ingredients from this recipe.

LEMON LIME KEFIR SODA

MAKES ...> One 32 oz bottle (about a quart)

TIME ...> Preps: 10 minutes
Culturing: 2-5 days, depending on the ambient temperature

YOU'LL NEED ...> **Ingredients:**

1 sachet of Kefir Soda Starter

½ cup lemon juice (2 large lemons juiced)

¼ cup lime juice (2-3 limes juiced)

1 ¼ cups white grape juice

Water - lightly filtered or spring (not fizzy)



Equipment:

See basic recipe

Instructions:

1. In a measuring cup with a spout, mix the starter with some of the juice until completely dissolved.
2. Add the juice mixture into the brewing bottle. A funnel may help.
3. Repeat instructions 3 to 5 from the basic recipe.

Reculturing:

See 'Reculturing' in the basic recipe. Use ½ cup of kefir soda as a starter, and add the remaining ingredients from this recipe.

Psst! To make the Cherry Limeade Kefir Soda shown in the basic recipe, just swap the lemon juice for cherry juice. Serve with fresh cherries.