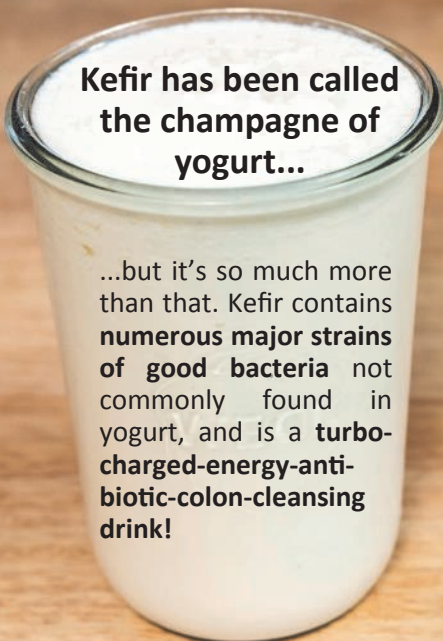


# EASY KEFIR STARTER

Instructions for use





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



## 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.



## STEP 2

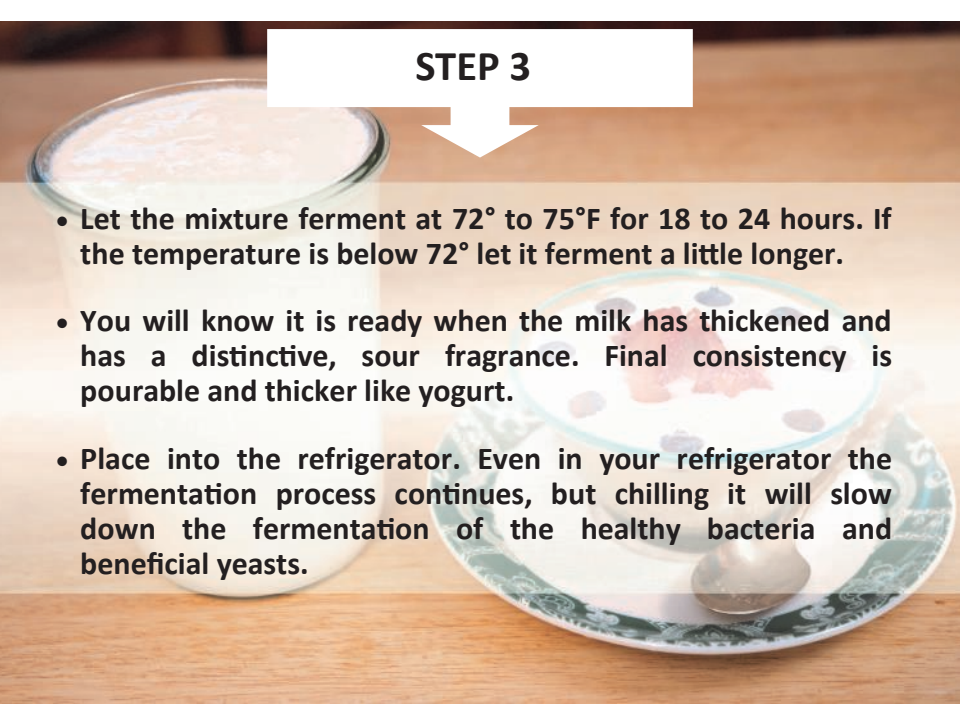
Sprinkle the entire contents of one Easy Kefir starter packet into the jar and mix well.

Put a lid on the jar.



## 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.
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# RECURTURING YOUR KEFIR

Kefir made with a powdered starter culture can often be recultured several times. These subsequent fermentations can increase the nutrient in your kefir, and make it taste even better!

The exact number of successive “reculturings” will depend on the freshness of your 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.

## Instructions:

1. Pour  $3 \frac{3}{4}$  cups milk into your quart-sized glass jar.
2. Add  $\frac{1}{4}$  cup kefir from the previous batch and stir gently.
3. Cover with a lid and place on counter for 16 -24 hours, or until thick and tart.
4. Place in your refrigerator when ready.



**A gentle reminder:**

**Take care of yourself;  
drink kefir everyday.**

*Donna Schumert*  
Cultured Food Life

For more information:  
[cuttingedgecultures.com](http://cuttingedgecultures.com)  
or call 1-855-528-1560

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