KEFIR WATER

Water kefir is a bacterial yeast culture that converts sugar into fructose and imparts incredible probiotic goodness into the water you keep it in. It is loaded with valuable enzymes, easily digestible sugars, beneficial acids, vitamins and minerals. It also is a nice option if you are trying to avoid the caffeine present in kombucha, but still seeking a probiotic drink.

Ingredients:

- 100ml jar of water kefir grains
- 3 tbsp organic raw sugar
- 1 tbsp organic dried sultanas
- 1L filtered water
- Pinch of bicarb & Himalayan salt

Flavouring Ideas:

- Honey & fresh ginger
- 4 passion fruits
- 1 peach with ½ vanilla bean
- Raspberries
- Mango & freshly squeezed lime
- Use coconut water instead of water

Method:

Mix the kefir grains, sugar, sultanas, bicarb, and salt with the water in a 1L click-lock jar.

Leave to ferment for 12-48 hours.

The higher the temperature where you leave the jar, the faster it will ferment.

By now it should be slightly fizzy and a bit sour.

Strain the water and keep the kefir grains aside for the next batch. Discard sultanas or use in cooking.

Ferment the kefir for a second time, this time adding flavours.

Leave for another 25 hours.

Strain and bottle, storing it in the fridge.

It is best to drink kefir within a week or two. It can be stored for quite a long time, since the bacteria and yeast actively and continuously preserve it.

However, the alcohol content will increase and it will get increasingly sour and fizzy over time.