



WATER KEFIR (WK) RECIPE

We will be bringing you through the activation phase, followed by the standard water-kefir brewing phase. You only have to activate dehydrated water kefir once, after activation follow standard recipes. Be sure to store your dehydrated grains in the fridge or in a cool and dry place before use.

ACTIVATION RECIPE:

- 2 Tsp (5 grams) of live dehydrated Water Kefir Grains
- 1/4 Cup of Natural Cane Sugar
- 4 Cups of Water (well, spring, or distilled)
- 1/8 Tsp of Redmond Real Salt, *optional**

WHAT YOU'LL ALSO NEED:

- Brewing Vessel - 1 Quart or 1/2 Gallon Size Glass Jar
- Muslin Cloth Cover
- Nylon Strainer**
- Elastic Bands
- Wooden Spoon**
- Funnel**
- Measuring Cups

Clean all brew equipment before use with warm soapy water. Just use regular soap, nothing anti-microbial, as you don't want to harm your live cultures.

* Water kefir thrives on the natural trace minerals that are present in unrefined rock salt. We suggest using Redmond's for its quality and purity. Black strap molasses is also another mineral alternative.
** When handling water kefir its recommended not to use any stainless steel. If it comes into contact it may harm the WK culture.

Ok, I got my Water Kefir, now what do I do?

Water Kefir is a naturally effervescent beverage packed full of probiotics and vitamins that will be sure to give you the kick you need. It's a versatile little culture that can ferment sugar water in the first fermentation process. After first fermentation you can then transfer your WK into bottles and blend it with herbs, juices, fruits, and spices to create limitless delicious soda-like beverages. It's easy, fun, and tastes refreshing. Just follow our steps below and remember these 3 simple steps:

BREW + BLEND + BOTTLE

INSTRUCTIONS FOR ACTIVATION RECIPE/BREW:

1. Boil half the water the recipe calls for to prepare the sugar water.
2. Once water begins to boil, turn off heat.

3. Add ½ cup of cane sugar and stir until fully dissolved.
4. Remove sugar water from heat and pour into a tempered half-gallon mason jar.
5. Mix in the remaining water the recipe calls for and make sure its cool so it brings down the temperature of the sugar water. You want your sugar water around 68 - 85 °F.
5. Once the sugar water is completely cool add in your water kefir grains. Secure a muslin cloth with twine or a rubber band over top the jar to protect your ferment from fruit flies and dust. Allow the WK grains 3 - 4 days to reactivate at room temperature.

Once activation is complete, move on to standard recipe instruction.

STANDARD RECIPE:

Now that your grains are alive and kicking its time to start brewing! After activation we suggest you maintain the ratio listed below. Scale this recipe up or down depending on how many WK grains you have, and how much you'd like your brew to yield.

1 Tbsp of Water Kefir (WK) Grains to 1 Tbsp of Sugar to 1 Cup of Water

For a Quart:

- 1/4 Cup (4 Tbsp) Active WK Grains
- 1/4 Cup (4 Tbsp) Cane Sugar
- 4 Cups of Water
- 1/8 Tsp Redmond Real Salt, *optional*

For a Half-Gallon:

- 1/2 Cup (8 Tbsp) WK Grains
- 1/2 Cup (4 Tbsp) Cane Sugar
- 8 Cups of Water
- 1/4 Tsp Redmond Real Salt, *optional*

INSTRUCTIONS FOR STANDARD RECIPE:

BREW -

1. Follow the same instructions for the activation recipe, except only ferment for 48 hours. After 2 days of fermentation, you want to strain and separate your WK grains from the probiotic sugar water.

BLEND-

2. Take your probiotic sugar water and blend it with freshly squeezed fruit juice, or add sliced fruit, spices, and/or herbs for flavor! The creative possibilities are endless, so get your fermentation creation on!

BOTTLE-

3. After blending your ingredients you want to bottle your water kefir. Once your brew is ready for bottling, pour your water kefir in individual glass airtight containers. Be sure to leave about 1" of headspace from the top of the jar or bottle. Then store in the fridge and enjoy!*

4. If you want to make your water kefir effervescent like soda, you can continue the fermentation process by leaving your bottled WK at room temperature for 2 days and then refrigerate and enjoy.**

5. After each BOTTLE phase be sure and repeat BREW phase to keep your WK grains alive and kicking.

* A little fermentation pro-tip: Mason-jars, glass growlers, and recycled water kefir/Kombucha bottles are great for bottling water kefir at home.

**Fermentation pro-tip # 2: You can gauge the pressure of the second fermentation/bottling process by filling up at least one plastic bottle up with water kefir.

Give the plastic bottle a squeeze to check the pressure. If the bottle is firm and bloated - you have a pressurized carbonated WK beverage! When doing this always remember to leave at least 1" of headspace in the bottle, and never leave bottles out for more than 2 days as contents can explode under pressure and be a safety hazard. Always use caution while opening the bottles too. Open them over the sink or outside and be sure to put pressure down on the cap when opening. Treat opening it like you would a bottle of champagne.

NOW FERMENT, EXPERIMENT, AND HAVE FUN!

The Water Kefir brewing process is simply creating an environment that allows the ingredients to react to one another in order to produce a desired outcome. If you create the right environment, you will create delicious water kefir every time. Don't be scared and don't be intimidated. You've got this. However if your first batch doesn't turn out, don't get discouraged. Use it as a learning experience and try again. After all just like baking, brewing, or fermenting food water kefir is more of an art and a craft. The more you brew, the better you will get at it.



Water Kefir is a probiotic health tonic made by fermenting water and sugar with kefir grains. The end result can be flavored with herbs, fruits, or spices and can be made effervescent like an all-natural soda.

The history of water kefir is not well-known, and however similar to milk kefir it is an entirely separate culture. Most likely its origins are from Mexico, derived from the Prickly Pear Cactus. Whatever the case, it's darn delicious and we're grateful for it!

During the brewing period you may notice some activity. Some batches may bubble, some batches may not, some kefir grains may float up and down, others may do nothing, and grains may multiply and grow as they ferment. All of this is normal and is part of the fermentation process.