



Nature's Probiotics



KEFIR & KOMBUCHA MANUAL

“Healthy Gut!
Happy Life!”

Milk Kefir Basic Instructions

Unpacking Kefir

Please open the kefir grains container carefully with a vessel below. Due to excess carbonisation the content may rush out. This will help to save the Grains from dropping down.

You would have received a small plastic container. It has milk kefir grains and some milk (Because these are live grains and it continuously needs food). If you don't have time to ferment it, you can keep it in the fridge till everything is ready. For the first time, don't separate the grains and the milk, pour all that in the container in a glass bottle. Next batch onwards you can filter the grains and use. Then follow the instructions as shown below.

Milk

1. You can use both farm fresh or pasteurized milk.
2. Farm fresh milk has to be boiled and cooled to room temperature before fermenting.

Fermenting

Regular fermenting should be done in room temperature.

Storing

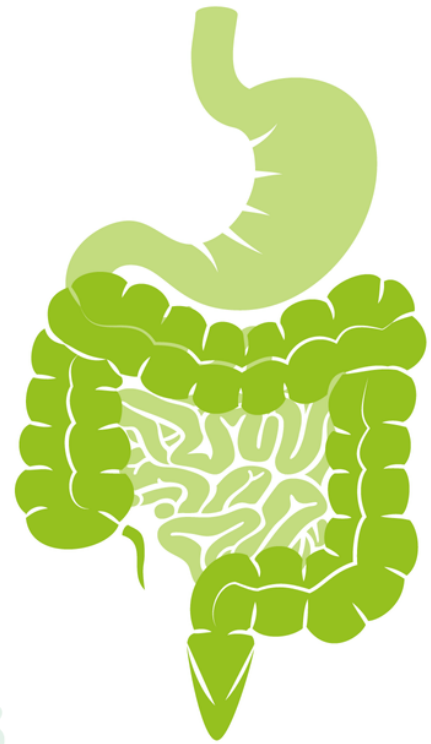
Keep the grains in a bottle, add some 250 ml milk, close it with the lid (let some air gap) and keep it in the fridge (not in freezer). This will be fine for usually up to 2 weeks.

Doubts

When you first receive your milk kefir grains, sometimes it may be smaller. Because it is not getting enough lactose during the transit. After culturing it for 4 to 5 times it will get back in size.

Strainer

Always use a Double Mesh Nylon Strainer (In single mesh nylon strainer, you may lose small grains)



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Almost all our health concerns can be traced back to our belly. Ensure a healthy gut and the rest will take care of itself.

How To Make Milk Kefir



Ingredients

1. 1 Table Spoon of live active kefir grains.
2. 500 ml Cow, Buffalo or Goats milk


Equipments Required

1. Glass jar
2. Cloth Piece - Breathable cloth for the jar
3. Rubber band - To cover jar
4. Plastic Strainer - To separate the grains from the finished kefir
5. Wooden or Plastic Spoon

Process

1. Open the container and **pour the active milk kefir grains** to the Glass Jar
2. **Add fresh milk.** (Pasteurized Fresh Milk can be used directly from packet, or boil the milk and cool down before pouring into the jar). Mix it gently with a plastic spoon.
3. **Cover it using a clean cloth** and secure it by a rubber band.
4. Culture it well, **until milk is lightly thickened** and you can smell the aroma of kefir once it is fermented. This usually takes 24 hours, but can take lesser time where the temperature is high. So keep looking at the culture.
5. After culturing is complete, you can see the change in milk texture. Now it's time to **separate the milk kefir grains from the fermented kefir milk.** Place a bowl and transfer the finished Kefir Milk into double mesh nylon strainer. Gently **swirl the curdled milk** with the help of plastic or wooden spoon. The kefir grains remains in the strainer, kefir drink passes to the bowl below.
6. Now the **kefir is ready to drink now**, you can place the kefir grains in the next batch of milk and follow the same process.
7. You can store the excess kefir in the refrigerator.

“It is good to have a variety of Probiotics in your Gut

If you haven't tried milk kefir yet, you can shop it from here, you'll  it

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Water Kefir Basic Instructions

Unpacking Kefir

Please open the kefir grains container carefully with a vessel below. Due to excess carbonisation the content may rush out. This will help to save the Grains from dropping down.

You would have received a small plastic container. It has water kefir grains and organic jaggery (Because these are live grains and it continuously needs food) If you don't have time to ferment it, you can keep it in the fridge till everything is ready.

Fermenting

Regular fermenting should be done in room temperature. Water kefir generally takes 24-48 hours to culture. The exact time will vary depending on the temperature. Warmer temperature ferments faster.

Storing

Keep the grains in a bottle, add some 3 spoon of jaggery (or sugar) with water, close it with the lid (let some air gap) and keep it in the fridge (not in freezer). This will be fine for usually upto 3 weeks.

Doubts

When you first receive your water kefir grains, sometimes it may be smaller. Because it is not getting enough glucose during the transit. After culturing it for few times it will get back in size.

Strainer

Always use Double Mesh Nylon Strainer (If you are using single mesh nylon strainer, you may loose small grains and the quantity may reduce)



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Our gut is the most important part of our body but most of us know very little about how it works

HOW TO MAKE WATER KEFIR

Ingredients

1. 1-2 Spoon Live active kefir grains
2. 500 ml of clean drinking water
3. 2 table spoon of Sugar
(Organic jaggery powder or raw cane sugar)

Equipments Required

- 1 Glass jar
2. Cloth Piece
3. Rubber band
4. Plastic Strainer
5. Wooden or Plastic Spoon



Process

1. Take a glass jar and **pour the clean water**.
2. **Add sugar and mix it** until dissolves in the water completely.
3. Now **transfer the active water kefir grains** from the container to the Glass Jar. Gently mix it with a plastic or wooden spoon.
4. **Cover with a clean cloth** and secure it by a rubber band.
5. Culture it well until the sweetness is reduced. This generally **takes 24-36 hours**, but take shorter time where the temperature is high, so keep an eye on your drink.
6. After the given time, **separate the water kefir grains from the fermented water kefir drink**. Place a bowl and pour the finished water Kefir water into the double mesh nylon strainer. The kefir grains stays in the strainer and the water kefir drink passes to the bowl below.
7. Now the **water kefir is ready to drink** and place the kefir grains in the next batch of water and sugar.
8. You can store the excess kefir in the refrigerator.

“**Water Kefir is the best probiotic for the lactose intolerant people**

If you haven't tried water kefir yet, you can shop it from here,
you'll  it

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HOW TO MAKE COCONUT KEFIR



Ingredients

1. Coconut Water
2. Coconut Kefir Grains

Equipments Required

- 1 Glass jar
2. Cloth Piece
3. Rubber band
4. Plastic Strainer
5. Wooden or Plastic Spoon

Process

1. **Transfer the active coconut kefir grains** from the container to the Glass Jar
2. **Strain and pour the clear tender coconut water**
3. **Cover with a clean cloth** secured by a rubber band.
4. Place in a warm spot, 68°-85°F, to culture. (example: Kitchen top)
5. **After 24 hours of fermentation**, separate the coconut kefir grains from the finished kefir using a double mesh nylon strainer.
6. **Drink the coconut kefir** and store the excess in the refrigerator.
7. Place the filtered kefir grains in a **new batch of coconut water**.

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Coconut Kefir contains wide range of Nutrients

If you haven't tried coconut kefir yet, you can shop it from here,
you'll ❤️ it

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Ingredients

(To Make 1 Litre of Kombucha)

1. 1 Litre Water
2. 3 Tablespoon Tea (Tea Bags or Loose Tea)
3. 4 Tablespoon Sugar
4. Kombucha Scoby
5. Starter Tea liquid

Equipments Required

1. Glass jar
2. Cloth Piece
3. Rubber band
4. Plastic Strainer

PREPARE TEA

- Boil the water and mix the sugar** till it dissolve,
- Add the loose tea powder** (or tea bag) and boil it for 5 mins. (If you want a lighter tea, boil for a lesser time)
- Filter the tea** (or remove the tea bags) and wait till it reaches room temperature

MAKE KOMBUCHA

- Take a Glass jar and pour the prepared tea.**
- Add the Starter Tea & Scoby in the jar**
- Cover the jar with a breathable cotton cloth** and secure it with a rubber band to prevent the dust and flies.
- Leave it to ferment for 7-10 days at room temperature.
- After fermentation is done **you will see a new scoby above the old scoby.**
- You can **separate the scobies and can make two batches of Kombucha drink.** If you don't want, you can give it your friends or relatives. But with many scobies you can experiment with different types of tea to find your best flavour.
- Take a cup of tea and keep it aside to make the next batch.** Because this will be the starter liquid for the next batch. Repeat the process to make the next batch.
- Kombucha tea is ready to drink now. **You can also flavour it as you wish.** Kombucha tea can be stored in the refrigerator for upto 20 days.

“**Drink Kombucha! your Gut Bacteria will Thank you!**”

If you haven't tried kombucha yet, you can shop it from here, you'll ❤️ it

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Nature's Probiotics

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It's better to have a variety of probiotics in our body



Milk Kefir Kit

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Water Kefir Kit

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Kombucha Kit

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Coconut Kefir Kit

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