



# CULTURES *for* HEALTH

## MILK KEFIR GRAINS

### BEFORE YOU GET STARTED

- This box contains 1 packet of dehydrated milk kefir grains, packed in a small amount of organic dry milk powder. The grains should be activated before use. Store in refrigerator until ready to activate.
- **If at any point you have questions or concerns about your culturing process, contact Customer Support before discarding anything.**
- **Avoid using ultra-pasteurized or UHT milk.**

### INSTRUCTIONS FOR ACTIVATING MILK KEFIR GRAINS

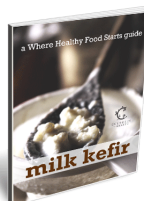
- 1 Empty the entire packet of dehydrated milk kefir grains into 1 cup fresh cold or room-temperature pasteurized milk.
- 2 Cover with a coffee filter or cloth secured by a rubber band
- 3 Place in a warm spot, 68°-85°F, to culture.
- 4 Let culture until milk thickens to the consistency of buttermilk or heavy cream, up to a maximum of 24 hours. Strain out the grains and put them into 1 cup fresh milk.
- 5 Repeat steps 2-4.
- 6 In general, culture for 24 hours; however, it is important to check the milk. Check after 5-6 hours, then every couple hours, or as often as you can, up to 24 hours.
- 7 Once the milk thickens within 24 hours or less, increase the amount of milk you use by ½ cup per batch, up to 4 cups, maximum.
- 8 Sour but pleasant aroma and slightly thickened milk indicate successfully cultured milk kefir.

### INSTRUCTIONS FOR MAKING MILK KEFIR

- 1 Transfer the kefir grains to up to 4 cups of fresh milk.
  - 2 Cover with a coffee filter or cloth secured by a rubber band.
  - 3 Place in a warm spot, 68°-85°F, to culture.
  - 4 Culture until milk is slightly thickened and aroma is pleasant, generally 24 hours.
  - 5 After culturing is complete, separate the kefir grains from the finished kefir.
  - 6 Place the kefir grains in a new batch of milk.
  - 7 Store the finished kefir in the refrigerator.
- If you wish to use raw milk to make milk kefir, please visit our website for detailed instructions.
  - Avoid aluminum utensils when making milk kefir. Stainless steel is acceptable.
  - Fermented foods often have a sour but clean aroma and flavor. Never consume anything that smells or tastes unpleasant.

**For additional tips, troubleshooting, how-to videos, and recipes using milk kefir, please visit our website.**

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