

# Kefir Water Recipe

(for ½ gallon jar)

½ cup turbinado sugar (white sugar won't work) in bottom of jar.

Pour 1 cup boiled water over top. Let mix into solution for a minute or two.

Pour filtered water (ideally spring) 6-7 cups to almost top of jar (you need to leave some space).

Pour ½ cup of kefir grains in.

\* If you are making a subsequent batch with leftover grains, I typically strain my grains before putting them in. So, strain off the sugar water and then use.

Put lid on and let sit for 48 hours.

After 2 days, strain out kefir grains, save liquid. You will notice the grains have multiplied, so you can start a kefir factory or just use what you need and store the rest in sugar water or give away grains you won't use since it multiplies like crazy!!!!

To flavor, we used approximately 4 lemons and 4 limes juiced and added to batch. However, it is quite good just plain. Enjoy!!! You can flavor any way you like but they say not to leave actual fruit in longer than like 8-12 hours. Another favorite is lemon and raspberries.