

## **MAKING YOUNG COCONUT KEFIR (YCK)**

Let me explain how the kefir packets are packaged. In each box there are 6 packets of kefir grains/powder. Each package yields 7 hardy batches of coconut OR milk kefir. That's a total of 42 batches. *To order Kefir starter*, visit [www.culturednutrition.com](http://www.culturednutrition.com) or call (877) 773-9229. To get the water out of your coconut, simply take a Phillips-head screwdriver or an ice pick and a rubber mallet and pierce two holes at the top of the coconut. Make sure you cover the first hole you make with your finger as you make the second hole or the liquid will come shooting out! Once you have two holes, turn the coconut over onto a jar and let the water spill out into the jar through a wire mesh strainer, which will serve to catch any wood debris caused by piercing the coconut. Make sure the water is a clear pale yellow. Discard if it is pink or gray colored. If for some reason the liquid won't come out with just the two holes at the top, make a new hole in the bottom while the coconut is still tipped over on the jar. This will free the liquid beautifully!

When you make your first batch of coconut kefir from scratch with the first kefir packet, it will take about 24 to 36 hours to ferment. Start with at least a quart or more of fresh coconut water that is room temperature - NOT COLD. The kefir microbes don't grow in cold liquids nearly as well as they do in room temp. or slightly warm environments. Leaving the coconut water on the counter for an hour or placing the jar in a pot of warm water for about 20 minutes will do the trick. Stir in the kefir packet and seal tightly.

As the coconut water ferments on your counter top or in the warmest place in your home you will see it start to look cloudy and bubbly. Test the taste after 24 hours. If it is tart and bubbly with a pleasant "coconut champagne" flavor, it's ready to go in the refrigerator for you to enjoy. If it isn't tart or bubbly enough and it still tastes sweet, just leave it out at room temp. for 6 to 12 more hours. Keep an eye on your kefir. Once it is ready, put it into the refrigerator to inhibit the fermentation process, or you will get coconut vinegar if you leave it out too long! Once refrigerated, try to drink your kefir within four to five days. You will want to drink a half cup in the morning on an empty stomach. Then you will want to drink a 1/2 cup of kefir along with each meal and another serving before bed. You will go through kefir quickly, that is why I suggest you make at least several quarts at a time.

Once you have consumed about half of your first batch of coconut kefir, you need to start preparing for the next batch so that you won't run out. This is the easy part! All you have to do is take a 1/4 to a 1/2 cup of your already fermented coconut kefir and "transfer" this starter to a NEW jar of coconut water. Just dump the fermented water right into the new water and let it sit for 24 hours and you have your second batch. You can do this transfer technique up to seven times. After seven times, the microbes are depleted and tired and your kefir will not be as effective in the body, if at all. At the SAME time as you make your seventh transfer, you will need to start from the beginning with a new batch of coconut water and your second kefir packet. Transfer this seven times and then start your third kefir packet and so on. A note of caution... with each transfer you make, the fermentation process becomes shorter and shorter. So when you are on your third or fourth transfer, sometimes it can take as little as 12 to 18 hours for your kefir to be done! Just keep a close watch over your kefir and you will be fine. You will know when it is done and you'll be an expert in no time! :-)