

## MAKING MILK KEFIR

Kefir is a cultured, drinkable milk product that introduces beneficial yeasts and probiotic bacteria into your digestive tract. Its tart, yogurt-like flavor is delicious and nutritious! Complete with essential proteins, minerals and B vitamins, kefir is a versatile base for preparing smoothies, delicious herb/spice salad dressings and when diluted with water, can replace unhealthy, soy-based infant formulas. It is quick and simple to prepare, easy to digest and very economical, too!

Drinking a small glass of kefir at bed time can induce a deep, relaxing sleep. The abundance of the amino acid, tryptophan naturally inherent in the milk kefir is converted in your intestines while you sleep (by the beneficial organisms) into the “happy” brain chemical called serotonin. You’ll wake up happy, centered and more focused than ever!

### Ingredients:

½ gallon real organic milk (preferably raw with cream skimmed off)  
1 packet Kefir starter (available at [www.culturednutrition.com](http://www.culturednutrition.com) or call (877) 773-9229)

1. Warm milk on stove (NOT in microwave!) to around 92 degrees. Do not boil!
2. Pour milk into a container (preferably glass with an airtight lid) and mix in package of kefir starter. You may also wish to add a scoop of FOS at this step. (EcoBloom).
3. Stir well and cover tightly. Culture your kefir at 72-75 F for at least 24 hours. It will slightly thicken (it will be pourable) and have a yogurt-like appearance, taste and smell. The top of your refrigerator is a great place to kefir your milk!
5. Once desired thickness is achieved, shake jar of kefir then refrigerate. It will continue to slowly culture in the refrigerator at a much slower rate.

### Milk Kefir Transfers - (also applies to goat’s milk kefir and young coconut kefir)

Before you finish your first batch of milk kefir, you will want to begin the second batch. This is an effortless and economical way to keep kefir available to you and your family at all times. Begin your first transfer by taking out a small portion of your first batch (transfer amounts listed below\*) and blending it with new milk. Be sure to warm the new milk before making any transfers. You may repeat the transfer process up to seven or eight times before you will need to start at the beginning. The powdered kefir starter contains lactobacillus strains of beneficial bacteria along with two strains of beneficial yeast. You may wish to use traditional kefir curds to kefir your milk, but they are easily contaminated and require constant maintenance. The powdered version allows for safety, travel & most importantly, convenience.

Note: With each transfer, kefir will culture at a quickened pace. Start sampling your kefir after 12 to 14 hours as you enter the 3<sup>rd</sup> or 4<sup>th</sup> transfer. It may very well be ready overnight - especially in the warmer months! There is no need to use more than the required transfer amounts listed below. Your kefir may become too sour.

\* For subsequent batches of milk kefir use the transfer amounts in the table below:

1 quart milk = 1/4 cup starter	1/2 gallon milk = 2/3 cup starter	1 gallon milk = 1 cup of starter
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