



Kefir

Ingredients & equipment

- Kefir Starter Powder
- 1 Litre Milk
- Spoon
- Thermometer
- Container

Directions

1. Slowly heat 1L of Milk to 26°C
2. Transfer warmed Milk into a sterilised container.
3. Sprinkle a small amount of Kefir starter powder on to the Milk (6-10 granules)
4. Gently mix in well and maintain the Cultured Milk at 26°C until it has set, (this can take up to 48 hrs)
5. Once set, cool in the Refrigerator.
6. Before consuming, Stir or shake the container to break up the set.

Notes

- Most Milk types will work for this Recipe, including: whole milk, fat-reduced/low fat, pasteurized and homogenised.
- A great way to sanitize equipment is by pouring boiling water over them.
- The kefir Milk can be enjoyed plain or you can try adding fruits, Honey, Sugar etc!