

**All you need for the production (of 1 liter of Water Kefir drink) is:**



- About 3 TBSP Kefir grains (also known as “Japan Crystals”)
- 1 liter of water
- About 80g of sugar (about 5 TBSP)
- 20 to 30g of dried fruits (you name it: figs, raisins, plums, etc.)
- At least 1 or 2 slices of lemon (untreated or peeled beforehand)
- 1 fermentation container for 1 liter (e.g. screw top jar)
- 1 plastic strainer, 1 plastic spoon
- 1 bottle or glass for storing the finished Kefir drink in your fridge