

Quick Starter Guide:



- Use 1 liter of water for your fermentation container and dissolve the sugar (80g) completely.
- Add about 3 TBSP Kefir grains (without the Water Kefir drink).
- Add about 20 to 30g of dried fruits, e.g. 2 or 3 figs or half a hand full raisins.
- Add at least 1 or 2 slices of lemon to your culture.
- Please seal your fermentation container in a way that carbon dioxide still may exit.
- Store your container in a warm place (21 to 25 degrees).
- Your Water Kefir drink is ready in about 1 to 3 days. Then, remove the dried fruits and the lemon slices.
- Use a strainer for bottling your finished drink.
- Briefly rinse your Water Kefir grains in a strainer under running cold or lukewarm water.
- Clean the fermentation container thoroughly. You are now ready to start all over again with point 1..

IMPORTANT! Please never let your Water Kefir grains get into touch with metal of any kind. Metal will harm your grains seriously. Therefore, use only plastic strainers and plastic spoons.

IMPORTANT! In the event of your finished drink smelling musty or showing a strange behavior at any stage please throw it away as a precaution. Take out the Water Kefir grains and thoroughly clean them in a plastic strainer under running water and start all over again with a new culture.