



## How to Brew Water Kefir (a quick tutorial)



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



89 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 0.3 cup cane sugar organic
- ☐ 2 unsulphured figs dried
- ☐ 0.5 cup fruit cocktail in juice organic
- ☐ 1 optional: lemon cut in half
- ☐ 0.3 cup water kefir grains (available here)
- ☐ 1 dash dash concentrace (available here)
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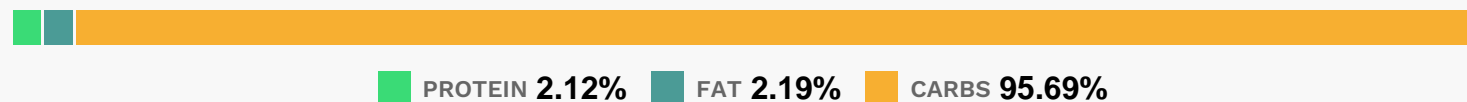
## Equipment

- ☐ sieve
- ☐ cheesecloth
- ☐ kitchen twine

## Directions

- ☐ Bring about 6 cups of filtered water to a boil, then stir in the sugar. Continue stirring the sugar into the hot water until it dissolves, then allow it to cool to room temperature.
- ☐ Place the water kefir grains into a 2-quart jar,
- ☐ Pour in the sugar water, and drop in the figs and lemon.
- ☐ Add a dash of concentrate or other liquid mineral supplement, if desired. Cover the jar loosely with a lid, or with cheesecloth secured with cooking twine to allow air in but to prevent stray debris from spoiling your water kefir. Allow the water kefir to ferment for 2 to 3 days. The longer it ferments, the stronger its flavor will become. When the water kefir acquires a flavor that suits you, strain it through a nonreactive (plastic, wood or stainless steel) strainer into a pitcher. Discard the spent lemon and figs, but reserve the water kefir grains which can be immediately recultured or which can be stored in water in the fridge for up to 1 week. While the water kefir can be enjoyed as it is, after its initial fermentation, you can also ferment it a second time. Secondary fermentation allows you to flavor the water kefir, and the secondary fermentation process, which occurs in a tightly capped bottle (like these) allows carbon dioxide to develop, producing a fizzy water kefir. For the secondary fermentation, pour either 1/4 cup fruit juice of your choice or 1 tablespoon organic cane sugar into each of two flip-top bottles (like these). Then pour the water kefir from the pitcher into the bottle, filling them within 1/2 inch to 1 inch of their openings. Seal the bottles, and set them on your countertop to ferment a further 18 to 24 hours, keeping in mind that warm temperatures will speed up the fermentation process while cool temperatures will slow it down.
- ☐ Transfer the bottles of water kefir to the fridge for 3 days to allow the bubbles to set. Open carefully over a sink, as the liquid in the bottle is under pressure, and when you release the bottle's seal, the water kefir may fizz and foam.

## Nutrition Facts



## Properties

Glycemic Index:49.34, Glycemic Load:13.06, Inflammation Score:-2, Nutrition Score:2.2813043879426%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 88.71kcal (4.44%), Fat: 0.24g (0.36%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 21.73g (7.9%), Sugar: 20.21g (22.45%), Cholesterol: 0mg (0%), Sodium: 2.89mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.03%), Vitamin C: 15.09mg (18.29%), Fiber: 1.54g (6.17%), Potassium: 126.82mg (3.62%), Manganese: 0.06mg (3.18%), Vitamin B6: 0.06mg (2.77%), Vitamin B1: 0.03mg (2.15%), Magnesium: 8.11mg (2.03%), Calcium: 18.82mg (1.88%), Copper: 0.03mg (1.72%), Iron: 0.3mg (1.66%), Vitamin B2: 0.03mg (1.5%), Vitamin B5: 0.14mg (1.41%), Vitamin K: 1.17µg (1.12%), Folate: 4.47µg (1.12%)