

HOW TO MAKE COCONUT WATER KEFIR

STEP 1: Rehydrating the Heirloom Culture.

- a. Dissolve 4 to 6 tablespoons of whole cane sugar in 4 cups of water. (Slightly heat the water to dissolve all the sugar. The water will be slightly brown from using the whole cane sugar.) Be sure to all the water to COOL TO ROOM TEMPERATURE before proceeding to the next step.
- b. Place the dehydrated kefir grains in the water and cover with a towel or coffee filter secured with a rubber band. Allow the mixture to sit for 3 to 4 days until the grains are plump. Do not allow the mixture to sit for longer than 5 days.
- c. Once the grains are rehydrated, follow the instructions below for making Coconut water kefir.

STEP 2.: Making the Coconut Water Kefir.

- a. Purchase the Organic Young Thai Coconut Water from your local health food store. In Calgary, Community Health Food Store carries this in their FREEZER. This Coconut Water seems to be the best. The cheaper brands make a poorer quality kefir and I don't recommend it.
- b. Culture only 1/2 the bottle or 1/3 to start with to make sure it cultures correctly.
- c. Take a 1/2 litre sealer jar and run it through the dishwasher to sterilize it.
- d. Make sure the jar is cooled to room temperature before putting the culture in it.
- e. Use only glass jars and wooden utensils. Do not put other fermented food near this jar to prevent cross contamination.
- f. Now place 1/3 of the Coconut Water or 1/2 the Coconut Water in the sterilized jar with the rehydrating kefir grains.
- g. Allow the mixture to culture for 24 to 48 hours before removing the kefir grains.
- h. Please note: Sometimes the grains turn to a powder, do not rinse this...it will disappear down the drain. Just use it anyway by draining off as much of the Coconut Water Kefir as possible and just reinoculate another fresh batch of Coconut Water by pouring some directly in the same jar as the culture.
- i. For extensive troubleshooting information please visit: www.culturesforhealth.com/troubleshooting
- j. PLEASE MAKE SURE TO REFRIGERATE YOUR CULTURE ONCE IT IS FERMENTED. THIS WILL MAKE THE CULTURE DORMANT.
- k. IF IT HAS TURNED INTO A POWDER, THEN THIS CAN BE POURED INTO ANOTHER STERILIZED JAR AND KEPT IN THE FRIDGE UNTIL YOU ARE READY TO USE IT AGAIN OR JUST LEAVE IT IN A BIT OF THE CULTURE IN THE FRIDGE UNTIL YOU ARE READY TO USE IT AGAIN.
- l. OR IF IT IS STILL GRAINS, THEN YOU CAN STRAIN THEM OUT, RINSE THEM AND PUT IN THE FREEZER UNTIL YOU NEED THEM AGAIN.
- m. OR YOU CAN JUST LEAVE THE GRAINS IN A BIT OF THE CULTURE AND KEEP IT IN THE FRIDGE.