



Thank you for purchasing NuMeSA Milk Kefir Grains. We trust they will help you stay healthy

What is Milk Kefir

Kefir is a cultured milk beverage. It's similar to yogurt but the taste is different and it's more of a drink than something you'd eat out of a bowl. Unlike yogurt, kefir contains beneficial yeast as well as good bacteria. If you can tolerate dairy, kefir is a great probiotic food to incorporate into your diet. Kefir is also incredibly easy to make.

How to make Milk Kefir

Rule of thumb: 1 cup of milk per 1 tablespoon of kefir grains

Ingredients:

Kefir grains

Milk (I use raw, organic whole milk but any type of milk will work excluding long life)

Method:

1. Take your newly acquired NuMeSA Milk Kefir grains from the container and add them to milk. You can add them as is, using the liquid they came in. Put your kefir grains into a clean glass jar. How much milk and kefir grains you want to use is up to you – flavor and texture change depending on your ratio of grains to milk. I typically use 1 tablespoon of grains to 1 cup (250ml) of milk.
2. Cover with a cloth or something breathable to keep fruit flies and other objects out of your jar. Secure the cloth with a rubber band. You can close with a lid but leave some space at the top as the kefir produces a gas and there will be bit of a pop when you open it.
3. Leave the jar out at room temperature for about 24 hours. If it's particularly cold in your kitchen, you may want to keep the jar in the warmest spot you can find. Kefir grains like warmth. In winter I leave them for 36 – 48 hours and in summer 18 hours are sufficient.
4. You can check the kefir after 12 hours and give a stir if you like. (This is not a have to.) By 24 hours it should be thickened and starting to separate into curds and whey. If you don't think it's done, leave it out for another 12 hours until it appears finished separated.
5. When your kefir is finished, stir it up in the jar so it's liquid again, then pour it through a strainer to strain the grains off. Gently stir the kefir to encourage it to move through the strainer. When you're finished, all your finished kefir will be in the jar while your grains will be left in the strainer.
6. Put the grains into a clean jar and add more milk to start a new batch of kefir.
7. Store your finished kefir in the fridge. If you want to further reduce the lactose content of your kefir, you can instead store the finished kefir on the counter for a day before

transferring to the fridge. Kefir flavor varies. It may sometimes be fizzy, sometime sour, grainy, thick or thin. The weather and type of milk affect this.

Notes:

Many kefir resources caution against using metal in any stage of the kefir making process. Dom (an online kefir expert), however, argues that this advice originated before the popularity of stainless steel utensils and is thus outdated. When I started making kefir I purchased a special plastic strainer and only used non-metal utensils. Given what I've read, however, I am not concerned about using stainless steel on my kefir grains.

Kefir grains often multiply quickly. If you find yourself with extra grains, give them away to friends, eat them as extra probiotics, give to your animals or just throw them away in your compost.

If you need to take a break from making kefir, put your kefir grains into a jar and cover with fresh milk and then store in the fridge. Dom recommends storing kefir grains for no longer than a week or two before providing them with fresh milk. Then they won't die, just slow down due to no new food and cold – they go into hibernation.

If you only want to drink a small amount of kefir every day, I recommend making a small batch every day or every other day, rather than making a large batch and then storing the grains in the fridge. Kefir grains thrive best when they are allowed to spend most of their time culturing on the counter.

What to do with my extra kefir (it grows and multiplies)

1. Put kefir grains in smoothies
2. Add them to the soil in your potted plants
3. Share extra kefir grains with friends
4. Feed them to your pets
5. Give them to your pot plants
6. Compost the extras
7. Eat them!

Kefir is a great source of vitamins, minerals, probiotics, and a variety of other unique compounds that can greatly contribute to your overall health and wellbeing.

Please share your experiences with us and like our Facebook page:

<https://www.facebook.com/NuMeSAkefir/>

KEFIR is a LIVE probiotic – they require constant care

Be happy, be healthy, be wonder-full from the inside out.
Healthy Happy Tummy = NuMe SA

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