

# How to water kefir...



Take your water kefir and filter the grains (and dry fruit) from the drink.

# 1



Clean a big glass and put your grains in it. Fill the glass with (filtered) water until it's half full.

# 3



If you want, you can add dried fruit to your grains, afterwards add the sugar water.

# 5

# 7

ALTERNATIVE: You can leave out the dry fruit in step 5 and add them later, when you put the finished drink in the fridge for a 2nd fermentation process.



## Don'ts

1. Your grains should not touch any metal
2. This is just my practice, so don't take it as the only option. You can test yourself how long you need to let it sit, if you like to add additional flavor with dry fruits with it or not. Your choice!

If it's your first time start with step 3!

# 2

Filter the drink and enjoy it right away, mix it with juice or cool it in the fridge. You can drink it for about 2 weeks!



# 4

Cook some water and mix about 3 big table spoons of sugar with it to dissolve it.



# 6

Let your water kefir sit for 48-72 hours on your kitchen counter or a shelf with no direct sunlight.



Then start with step 1!

## Dos

1. You can also eat the grains and put them in smoothies e.g., but be careful in the beginning. They have a lot of probiotics and you need to get used to them
2. You can pause your grains by putting them in the fridge in a small glass with a tea spoon of sugar and some water. You need to feed it once a week
3. Your grains will grow fast. Share them if you want or produce even more water kefir

# Enjoy!