

# Fruity Lemon Water Kefir Recipe

What you will need:

- 1/ 1 package of Water Kefir Grains **that have already been activated. (If you do not know how to do this, then please refer to the instructions contained in the box that held the package of Water Kefir Grains.)**
- 2/ 125 mL of Cane Sugar (Organic Cane Sugar is the best.)
- 3/ 1 to 2 dried figs (Can also be raisins, sultanas, dried prunes etc. Organic is best.)
- 4/ Half a lemon.
- 5/ 1 to 1.5 Litres of Filtered Water, it can be water that contains minerals. I.e. Does not have to be distilled or reverse osmosis water.
- 6/ 2 Litre glass container or two different glass jars that will hold 1 litre each.
- 7/ Coffee filter or cheesecloth & 1 elastic.
- 8/ Plastic sieve or strainer.
- 9/ Plastic or wooden spoon. (Do not use metal spoons or bowls or metal anything when you make any kind of culture.)

Steps:

- 1/ Dissolve sugar in the water.

In the container, pour in mineral water and add the sugar. Dissolve sugar using the plastic or wooden spoon or even better just swirl the jar gently until all the sugar dissolves.

- 2/ Add the kefir grains, dried figs or dried fruit of your choice and the lemon as is, do not squeeze it yet.

- 3/ Cover the container with the cheesecloth or coffee filter and secure with an elastic. (It should not be air tight.)

- 4/ Place away from sunlight and leave at room temperature of 18 C to 25 C. (65F to 77F)

- 5/ Allow to ferment for 24, 48 or 72 hours. For a stronger kefir, ferment the grains longer.

- 6/ Once the fermentation is completed to your satisfaction, squeeze the lemon. (Use plastic tongs to get the lemon out of the water. Do not put hands into the water.)

- 7/ Strain & separate the kefir grains separately from the fruit. Store the kefir grains in a BHP free plastic container either in the fridge or the freezer. When you want to make your next batch, just warm it up on the counter in your kitchen to room temperature...and start the whole process over again.

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Benefits of Kefir are:

1. Helps to restore normal flora inside your gut.
2. Helps your probiotic to “implant” inside your gut.
3. Crowds out unfriendly bacteria, yeast and parasites.
4. Can get rid of “tummy aches” and pains in both adults and children.
5. Good for breast feeding women to take in regularly to increase digestion & prevent colic in infants.
6. Good for restoring normal flora after antibiotics especially when taken with a good Human Microflora strain of probiotic.