



This kefir is ready to shake and strain



Strain into a 4 cup measuring cup
Then pour the liquid back into the mason jar and rinse the grains several times.



These grains have been rinsed cleaning



In a few months you will have enough to share

If you watch videos, you will be instructed to use something that breaths, like a coffee filter. I screw these tops on tight and never have any problem, but it goes against what everyone else says to do.

After you grow your grains they will ferment the milk faster. The longer you let it go, the stronger it will become. I can process three jars in about 10 or 15 minutes, including clean up. As you learn to do it, it will become easy and fast. Refrigerate it if you wish to slow the fermentation.

When cleaning the strainer, be sure to rinse the tiny grains to the edge and save them. They will grow larger and will eventually have enough to make more jars or share with your friends.

You can use any kind of milk, as long as it has not been ULTRA Pasteurized. Ordinary pasteurization is okay. If you like raw milk, you can use that too. I like whole milk, but fat free works too.

Kefir is packed with probiotics, including Lactobacillus and Bifidobacterium which help maintain a healthy gut microbiota improving overall digestive function, and immune health. It's helps lower fasting blood glucose levels and improves insulin sensitivity, thereby preventing spikes in blood sugar. The probiotics in kefir contribute to healthy microbiome, which can mitigate gastrointestinal issues, such as irritable bowel syndrome (IBS), diarrhea, and even antibiotic-associated side effects.