

## ABOUT KEFIR

Kefir is a traditional ferment made using a SCOBY (symbiotic colony of bacteria & yeast) called "kefir grains". Kefir grains are knobby little gelatinous globs of bacteria and yeast that look a bit like cauliflower. To make proper kefir, you must obtain kefir grains.

**Compared to the other dairy ferments out there, kefir is a serious superfood.**

- Live active yogurt has 6 or 7 different strains of beneficial bacteria and contains -1 billion microorganisms per serving
- Store-bought kefir and kefir made using a dehydrated culture packet contains 10 to 20 different strains of beneficial bacteria and yeast and contains -40 billion microorganisms per serving.
- Kefir cultured with kefir grains contains 35 to 50 different strains of beneficial bacteria and yeast and -5 trillion microorganisms per serving.
- Average probiotic supplement contains only -500 million microorganisms.

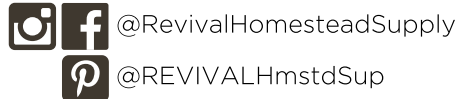
## MORE WAYS TO USE KEFIR

Use your extra kefir to make...

- Smoothies
- Salad dressing
- Replace buttermilk in any recipe
- Swap milk for cream to make sour cream
- and more!

### FIND THESE RECIPES & MORE ON OUR BLOG

Creative variations, tips and tricks, do's and don'ts and even more kefir making know-how available on our website.



Email [help@revivalhomesteadsupply.com](mailto:help@revivalhomesteadsupply.com) for personalized answers to all your questions!



[www.RevivalHomesteadSupply.com](http://www.RevivalHomesteadSupply.com)

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## how to make KEFIR



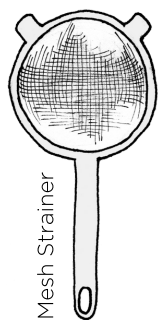
## IN THIS KIT



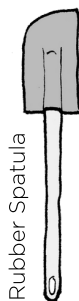
Cloth Covering



Mason Jar

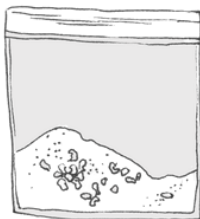


Mesh Strainer



Rubber Spatula

Kefir Grains  
or a redeem card to  
receive kefir grains



## ABOUT KEFIR GRAINS

Kefir grains are a symbiotic colony of bacteria and yeast that digests lactose into lactic acid, thereby fermenting milk and transforming into kefir. Kefir grains must be fed milk consistently to stay healthy. Healthy grains will multiply consistently and produce a never-ending supply of kefir.

## BREWING KEFIR

1. Combine milk and kefir grains in a glass jar and stir.
2. Cover with cloth jar cover and set to ferment at 65-85°F for 12 - 36 hours. Stir at least once during this length of fermentation.

**1-5 tsp kefir grains  
per  
1 cup milk**

**Length of fermentation  
varies depending on  
ambient temperatures,  
ratio of grains to milk  
and personal preference.**

3. When milk has thickened, pour kefir into mesh strainer balanced on a bowl.
4. Use a small rubber spatula or spoon to stir and smush kefir through strainer, thereby separating kefir from kefir grains.
5. Consume or refrigerate kefir.
6. Return kefir grains to a clean glass jar and go back to step 1.

Kefir grains must always be kept in milk.  
**Need a break?**

After step 1, place jar in the refrigerator for up to 2 months. Grains may need 1 or 2 brews to return to active health after refrigeration.

## KEFIR CHEESE

Kefir cheese can be a ricotta-like soft cheese (follow steps 1-5), or a feta-like crumbly cheese (steps 1-6).

**2 c. kefir  
1/4 tsp. salt**

1. Brew kefir and strain out kefir grains as instructed in the center panel.
2. Line a large mesh strainer with a woven cotton cloth such as butter muslin or 4 layers of cheesecloth.
3. Place lined strainer over a bowl and pour kefir into strainer.
4. Twist cloth into a tight ball around the kefir. Hang up or leave in strainer over bowl for up to 24 hours. Add salt and mix to combine. Stop here for a ricotta-like cheese.
6. With cheese still wrapped in cloth, sitting in strainer, place a heavy object on top of the curd for another 24 hours.

