

Kefir (basics)

Ingredients

- Starter culture (I use this one from [Cultures for Health](#))
- Pasteurized whole milk*, juice, coconut milk or coconut water

You will also need:

- Glass jar (1 quart)
- Coffee filter, or clean fabric square**
- Rubber band
- Mesh strainer

Instructions

1. Pour one quart of your choice of liquid into your glass jar. Add 1 packet of the kefir starter culture and stir gently until dissolved.
2. Cover with a coffee filter or cloth and secure with a rubber band. Place it in a warm place to sit for 12 to 18 hours. A temperature of 72-74°F is suggested, but I just sit mine in a warm place that's out of the way.
3. When the time is up, here's what to look for to see if it's finished:
 - Milk will increase to at least the thickness of heavy cream.
 - Coconut milk will not thicken, but will have a sour, not-to-sweet aroma.
 - Juice or coconut water will become cloudy and not as sweet.
4. To store: cover with a tight lid and refrigerate for two weeks, saving ¼ cup to culture** again.

*Do not use ultra-pasteurized milk or UHT.

**Mix your ¼ cup of culture with your liquid of choice (same as before) and stir. Repeat steps 2, 3, and 4 of the instructions.