

Kefir

Kefir is a probiotic beverage made with Kefir Grains/Culture. There are two types of grains, Milk Kefir Grains and Water Kefir Grains. Milk (dairy) Kefir Grains can be used with cows milk, goats milk or coconut milk. Water Kefir Grains can be used with sugar water, juice or coconut water. Kefir Grains consist of bacteria and yeast existing in a symbiotic relationship. The term Kefir Grains describes the look of the culture only. Kefir Grains contain no actual "grains" such as wheat.

Drinking water kefir or milk kefir beverage daily increases the numbers of friendly bacteria in our intestines and assists in maintaining a healthy bowel and strong immune system.

FYI Rosanna will have a limited amount of fresh activated water kefir cultures for sale on the day of the Yandina gardens presentation

Milk Kefir

Milk Kefir is a health promoting fermented dairy drink, similar to yoghurt but slightly tangier and much stronger. While yoghurt usually contains only two or three strains of bacteria, kefir contains a much wider variety of friendly microorganisms, including beneficial yeasts, some of which can break down lactose [milk sugar].

Water Kefir

Water Kefir culture consists of lactic acid bacteria and yeast existing in a symbiotic relationship.

Water kefir grains (also known as Sugar Kefir Grains) allows for the fermentation of sugar water to create a carbonated lacto-fermented beverage.

This beverage is loaded with natural probiotics and enzymes, which are created during the fermentation process. You drink or use the fermented liquid and reuse the culture to make the next batch.

Uses of Water kefir

Refreshing drink full of natural probiotics and enzymes

Gluten free sourdough starter

Add 1 tablespoon of culture/grains to a large can of organic coconut cream to make cultured coconut cream (similar to yogurt) join our free face book group where we share this and other recipes. Facebook: <https://www.facebook.com/groups/322597147778527>

Uses of Milk Kefir

Kefir/spelt sourdough starter

Cultured Kefir Cream Cheese

Add ¼ cup to fruit smoothies

Use 2 tablespoons of kefir in the water that you use to soak your grains in overnight

Note As with all lacto-fermented foods use in small quantities. These are powerful natural probiotics. I encourage you to research these cultures and discover what works best for you. There is an abundance of valuable information on the web.

Dom's Kefir. <http://users.sa.chariot.net.au/~dna/kefirpage.html>

Reference websites. "Cultures for health". "gapsaustralia.com.au"