**WHAT YOU'LL NEED**

- Starter culture
- Rubber band
- Coffee filter or light-weave cloth
- Glass jar or similar container
- Pasteurized whole milk (avoid ultra-pasteurized and HT)
- 1 packet of dehydrated milk kefir grains

**ACTIVATING MILK KFER GRAINS**

1. Empty the entire packet of dehydrated milk kefir grains into 1 cup fresh, cold pasteurized milk. Don't use raw milk for activating (and still cover with a coffee filter or cloth secured by a rubber band and culture in a warm spot 69-74°F).

2. After approximately 12-24 hours, check the milk. If it is the milk thickening or changing texture slightly, the kefir grains have activated. If not, you may need to check again in 24 hours.

**INSTRUCTIONS**

**STARTER CULTURE MILK KFER GRAINS**

**YOU CAN DO THIS**

- Dressing breads, and ice cream.
- It is beginning to develop a tangy, but not sharp, flavor.
- Drink culture (not used to culture dairy) with kefir grains.

**TOTAL TIME:** 3-7 days  
**ACTIVE TIME:** 5-10 minutes daily

You can make delicious fresh kefir at home!
Making Milk Kefir

1. Using a sterile bottle, transfer kefir grains to fresh milk.
2. Cover the jar with a coffee filter or cloth secured by a rubber band. Place it in a warm spot 68–78°F to culture.
3. Culture until the milk is slightly thickened and the aroma is pleasant. This generally takes 24 hours but may take less.
4. Transfer the kefir grains into up to 4 cups of fresh milk.

Recipe: Simple Scopes with Kefir

INGREDIENTS

- 1 cup milk kefir
- 1 cup plain yogurt
- 1 tablespoon honey
- 1 tablespoon vanilla extract

INSTRUCTIONS

1. In a medium bowl, whisk together the kefir, yogurt, honey, and vanilla extract until well combined.
2. Serve immediately or chill for later use.

Questions We can help?

- Why do my kefir grains not appear to be working? Why?

HELP

www.cultivestore.com/help

Contact Customer Support by email Get started with Kefir Culture

The milk will thicken and can be used for soups, yogurt, and more. How will I know if I shouldn't drink it?

Kefir: How do I know if I shouldn't drink it?

- Some of the milk keep sticks to my grains.

If your starter isn't performing as expected, don't throw it away! It's just a missed step in the process. Your grains may be off, or you may need to adjust the temperature or acidity of your starter. Check the recipe or contact us for help.

- My grains don't appear to be working. Why?

Break A Take a break from your grains:

- Milk kefir cultures need a constant supply of fresh milk. The bacteria need to keep feeding to stay healthy.

- Store the unused kefir in the refrigerator.
- Place the kefir grains in a warm spot to activate and separate the kefir grains from the milk.

Online Recipes

More

- More

- More

- More

- More

- More

Ingredients

- Cultured milk kefir
- 1 cup plain yogurt
- 1 tablespoon honey
- 1 tablespoon vanilla extract

Scopes: Simple Scopes with Kefir

Recipe: Simple Scopes with Kefir

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