



ENDLESS MILK KEFIR STARTER GRAINS

Live milk kefir grains for endless batches
of creamy, probiotic-rich kefir at home.



PROBIOTIC
RICH



AUTHENTIC
MILK KEFIR



GLUTEN
FREE



NON-GMO



Your jar contains living milk kefir grains — no waiting, no rehydrating. Give them fresh milk and a warm spot, and they will make thick, tangy milk kefir again and again, batch after endless batch.

Beginner friendly

Fresh batch every 24 hours

Endless yield

BEFORE YOU START

Grab these first

Use these ingredients and tools for the best results.



1 jar of fresh milk kefir grains

Refrigerate right away and feed within 24 hours of arrival.



Milk of your choice

Higher fat milk makes thicker, creamier kefir.



1 quart glass jar

Roomy enough for 1–4 cups of milk as your grains grow.



Butter muslin + rubber band

A breathable cover keeps the jar protected while it cultures.



Fine mesh strainer (plastic preferred)

For separating the grains from finished milk kefir.



Stainless steel, silicone, or wood spoon

For gently stirring the grains into the milk.

Feed it fast

Refrigerate your grains **immediately upon arrival** and feed them within **24 hours**. You may notice a sharp, astringent odor when you open the jar — this is completely normal. It just means the grains are ready to be fed after their journey.



THE MAIN METHOD

Refresh your milk kefir grains

This is the core routine. Follow these five steps to turn your grains into a fresh batch of milk kefir — then repeat endlessly.

STEP 1

Add fresh milk to your jar

Add **1–2 cups (240–480 ml)** of cool, fresh milk to your quart jar.



Want it creamier? Use milk with a **higher fat content** for thicker, richer milk kefir.

STEP 2

Add and mix in your grains

Add the contents from your **Endless Milk Kefir Grains** jar and gently mix into the milk with a stainless steel, silicone, or wood spoon.



STEP 3

Cover and let it culture

Cover the quart jar with butter muslin and a rubber band. Let the beverage sit for **up to 24 hours** at ambient temperature. Check the grains periodically — **about every 4 hours**.



What you will see: The milk thickens and smells pleasantly tangy. If it thickens more than you like before 24 hours, the grains may be extra hungry — strain them out and repeat Steps 1–3 with an additional **1/2 cup (120 ml)** of milk.

STEP 4

Strain and start the next batch

Strain your grains from the finished milk kefir and place the grains back into the now-empty quart jar. Set the kefir aside and add fresh milk to the grains to start another batch.



Important: Do not leave your grains culturing for more than 24 hours to prevent them from starving. If you notice whey (yellowish liquid) separating from your milk kefir, you are over-culturing — feed the grains more milk or feed them more often.

STEP 5

Chill and enjoy

Chill the finished milk kefir for about **4 hours**, and enjoy! Separation in the jar over time is normal (any fat content floating to the top) — just shake or stir before you enjoy.



FINISHED BATCH

Thick and pleasantly tangy

Refrigerate and drink your finished milk kefir, or flavor it. Keep the grains moving into fresh milk and repeat Steps 1–4 endlessly.

KEEP IT GOING

Maintaining your milk kefir grains

A little care keeps your grains strong for continuous, endless batches.

GROW YOUR GRAINS

Repeat Steps 1–4 for continuous batches

To have continuous batches of milk kefir, simply repeat Steps 1–4. To grow your grains, increase the amount of milk by **1/2 cup**, culturing for multiple batches until you reach your desired volume.



Storing your grains: Place the grains in fresh milk and store in the refrigerator for up to **7 days**. The grains need to be strained and fed fresh milk at least **once a week** to remain healthy.

HEALTHY GRAINS

Fed weekly, thriving endlessly

As long as you are getting creamy, tangy kefir, your grains are healthy. Feed them on schedule and they will keep going for years.

TIPS FOR SUCCESS

Is this normal?

Milk kefir can look different from batch to batch. Use these checks before you worry.

What color should my grains be? -

Your grains should always appear **white in color, soft, and in clusters**. If there are any signs of pink, blue, or green coloring, your grains may be growing harmful bacteria and should be thrown away.

How do I make thicker, creamier kefir? -

For thicker, creamier milk kefir, use **milk with a higher fat content**.

I see whey (yellowish liquid) separating -

This means you are **over-culturing**. You either need to feed your grains more milk or feed them more often. Do not leave grains culturing more than **24 hours** to prevent them from starving.

My milk is very thick or becoming clumpy -

This is a sign that your grains are **very active and hungry**. You either need to feed the grains more milk or feed them more often.

My homemade batch is more sour than store kefir -

Many store-bought milk kefir contain **added sweeteners**, so do not be surprised if your homemade batch is more sour or smells like yogurt. You can add flavoring or change the ferment time to customize the kefir to your liking.

My grains are small and do not seem to grow -

It is okay if your grains are small and do not appear to be growing or multiplying. It can take multiple batches to start seeing changes in the grains, but as long as you are getting **creamy and tangy kefir**, your grains are healthy. Just be patient with them!

How long can I store my grains? -

Place the grains in fresh milk and store in the refrigerator for up to **7 days**. The grains need to be strained and fed fresh milk at least **once a week** to remain healthy.

KEEP IT GOING

Your next batch

Reuse the grains

Add the strained grains to fresh milk, cover with butter muslin, and culture for up to 24 hours. Repeat the same rhythm for batch after endless batch.

Questions about your grains?

Our fermentation team can help you compare what you see with a healthy batch.

MAKE IT YOURS

Flavor your milk kefir

Once you have strained the grains, turn finished milk kefir into one of these Cultures for Health favorites.



Kefir Smoothies

Our favorite fresh & frozen any-fruit kefir smoothies



Kefir Ice Cream

Turn thick kefir into a creamy frozen treat



Dairy-Free Kefir

How to make kefir without dairy milk



Coconut Milk Kefir

Our favorite coconut kefir recipe

Useful tools for every batch:



Quart jar



Mesh strainer



Butter muslin



More kefir

Strained your first batch?

You just made thick, tangy milk kefir at home. Share your jar and help the next first-timer feel ready.

Tag #culturesforhealth so we can find your milk kefir!

CULTURES FOR HEALTH

Endless Milk Kefir Grains Instructions - refresh your grains, repeat batches, reminders, troubleshooting, and recipes