



MILK KEFIR INSTRUCTIONS

Activate your grains, culture your first batch, and enjoy fresh, probiotic-rich milk kefir at home.



PROBIOTIC
RICH



AUTHENTIC
MILK KEFIR



GLUTEN
FREE



NON-GMO

Your packet contains living milk kefir grains. Give them fresh milk and a warm spot, and they will make thick, tangy milk kefir again and again.

Activation: a few batches

Fresh batch every 24 hours

Activate your grains

BEFORE YOU START

Grab these first

Use these ingredients and tools for the best results.



1 packet of dehydrated milk kefir grains

Use the entire packet for activation.



Pasteurized whole milk

Avoid ultra-pasteurized (UHT) and raw milk during activation.



A one-quart glass jar

Roomy enough to reach 4 cups of milk once your grains are active.

- ☐ Coffee filter or tight-weave cloth + rubber band
A breathable cover keeps the jar protected.

- ☐ A plastic mesh strainer
For separating the grains from finished milk kefir.

Temperature is important

Keep your grains between **68°F and 85°F**. Any lower and it takes much longer to thicken; any higher and harmful bacteria can start to grow.



PHASE ONE

Activate your milk kefir grains

Do this once when opening a new packet of dehydrated grains. You will make a few small batches, adding a little more milk each time, until your grains are strong enough for a full quart.

ACTIVATION 1

Add the grains to fresh milk

Empty the **entire packet** of dehydrated milk kefir grains into **1 cup of fresh, cold pasteurized milk** and stir. Do not use raw milk for activation.



What you will see: The grains look small and firm at first. They need a few batches in fresh milk to plump up and get active.

ACTIVATION 2

Cover and let it culture

Cover the jar with a coffee filter or tight-weave cloth secured with a rubber band. Let it culture at **room temperature (68°F–85°F)**. Starting at **hour 12**, check whether the milk has thickened to the consistency of heavy cream or thicker.



What you will see: When the milk thickens and smells and tastes pleasant, you have kefir! Even if it does not thicken but smells and tastes pleasant, you can use it in baking in place of buttermilk.

ACTIVATION 3

Strain and move up to more milk

As soon as you notice a change in the milk's texture, strain out the grains and put them into fresh milk, **increasing the amount by 1/2 cup each batch** until you reach 4 cups. Use this schedule for the milk to use in each batch:

BATCH NUMBER → MILK TO USE						
Start	2	3	4	5	6	7
1 cup	1.5 cups	2 cups	2.5 cups	3 cups	3.5 cups	4 cups

Important: For each batch, only increase the volume of milk if you noticed a change in the milk's texture **within 24 hours** of culturing. If not, use the same amount of milk and culture again as before.



ACTIVATION 4

Reach 4 cups — your grains are activated

Once your total batch size reaches **4 cups** and the milk thickens on schedule, your grains are activated and ready for Phase Two.



What you will see: Thickened milk that smells and tastes pleasantly tangy, cultured within about 24 hours at 4 cups.

ACTIVATION CHECK

Thickened milk at 4 cups?

Your grains are ready for Phase Two. If the milk is not thickening on schedule yet, keep culturing at the same milk amount and repeat until it does. Some grains need a few extra batches to fully wake up.

PHASE TWO

Make milk kefir with activated grains

Once activated, your grains can make a fresh batch about every 24 hours.

BATCH 1

Add grains to fresh milk

Transfer the **activated grains** into **up to 4 cups of fresh milk** in a clean glass jar.



Want it tangier and a little fizzy? After adding your activated grains to the fresh milk, cover the jar with an **airtight lid** instead of a breathable cloth. This traps the gas the grains release and can give your kefir a slightly fizzier texture.

BATCH 2

Cover and culture for about 24 hours

Cover the jar with a coffee filter or cloth secured by a rubber band and let it culture at **room temperature (68°F–85°F)**. Starting at **hour 12**, check whether the milk has thickened to the consistency of heavy cream or thicker.



What you will see: The milk thickens and smells pleasantly tangy. If it is still thin, give it more time and check again.

BATCH 3

Strain, enjoy, and start again

When culturing is complete, strain out the grains with a plastic mesh strainer. The liquid is your finished milk kefir — refrigerate and enjoy. Move the grains straight into fresh milk and repeat every **24 hours**.



What you will see: Thick, tangy milk kefir. Your grains stay in the strainer and are reused batch after batch.

FINISHED BATCH

Thick and pleasantly tangy

Refrigerate and drink your finished milk kefir, or flavor it. Keep the grains moving into fresh milk.

TROUBLESHOOTING

Is this normal?

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

My milk has not thickened yet -

Give it more time and keep checking after hour 12. A cooler room slows things down. During activation, keep culturing at the same milk amount until it thickens — some grains need a few extra batches to fully wake up.

It smells and tastes pleasant but stayed thin -

That is fine. Even if it does not thicken, as long as it **smells and tastes pleasant** you can use it in baking in place of **buttermilk**. As your grains strengthen, batches will thicken more reliably.

My grains are still small -

Look for gradual changes. Active grains become more **plump** over the first several batches. Keep feeding them fresh milk on schedule.

When do I move up to more milk? -

Only increase the milk by **1/2 cup** when the previous batch changed texture **within 24 hours**. If it did not, repeat the **same** amount of milk before moving up.

What temperature should I use? -

Keep activating and culturing grains between **68°F and 85°F**. Any lower and it takes much longer to culture; any higher and harmful bacteria can start to grow.

What kind of milk should I use? -

Use **pasteurized whole milk**. Avoid **ultra-pasteurized (UHT)** milk, and do not use **raw milk** during activation.

Do I throw away the grains after straining? -

No. Save the grains and place them into fresh milk. They can be used over and over.

KEEP IT GOING

Your next batch

Reuse the grains

Add the strained grains to fresh milk, cover, and culture for about 24 hours. Repeat the same rhythm for batch after 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



Thermometer



Filter & band



More

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

Milk Kefir Starter Instructions - activation, repeat batches, reminders, troubleshooting,
and recipes