



WATER KEFIR INSTRUCTIONS

Activate your grains, culture your first batch, and keep the fizz going.



THOUGHTFULLY
SOURCED



PROBIOTIC
RICH



AUTHENTIC
WATER KEFIR



NOURISHING
TRADITIONS

Your packet contains living water kefir grains. Give them the right sugar water and temperature, and they will make lightly tart, refreshing water kefir again and again.

Activation: about 2 days

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 water kefir grains

Use the entire packet for activation.



Water free of chlorine and fluoride

Bottled spring water is the easiest option.



Organic turbinado or organic cane sugar

Used to feed the grains.



Baking soda

You will need 1/8 tsp for activation.

☐

Molasses

You will need 1/2 tsp per sugar-water mixture.

☐

A one-quart glass jar

A food-safe plastic container also works during activation.

☐

A thermometer

Temperature matters for healthy grains.

☐

Coffee filter or tight-weave cloth + rubber band

A breathable cover keeps the jar protected.

☐

A mesh strainer

For separating the grains from finished water kefir.

Temperature is important

Keep your grains between **70°F and 85°F**. Lower temperatures slow culturing; higher temperatures within this range speed it up.



Things You Need

TO GET STARTED



PHASE ONE

Activate your water kefir grains

Do this once when opening a new packet of dehydrated grains.

ACTIVATION 1

Build the sugar water

In a glass jar or food-safe plastic container, combine **1/2 cup hot water**, **2 Tbsp sugar**, and **1/2 tsp molasses**. Stir until the sugar dissolves, then add **2 cups cool water**.



What you will see: Your sugar water will look amber, not clear. Turbinado sugar and molasses give it that color, and it will look the same during activation and when you brew full batches. Only plain white cane sugar makes a lighter mixture.

ACTIVATION 2

Cool it, then add the grains

Let the mixture cool to **75°F**, then stir in **1/8 tsp baking soda**. Empty the **entire packet** of dehydrated water kefir grains into the room-temperature sugar water.



What you will see: The grains may still look small at first. They need time in the sugar water to become plump and active.

ACTIVATION 3

Cover and rehydrate for 2 days

Cover the jar with a coffee filter or tight-weave cloth secured with a rubber band. Let the grains rehydrate for **2 days at room temperature**.



What you will see: After 2 days, look for plump grains and signs of activity such as bubbles. Because you feed the grains with turbinado sugar and molasses, healthy grains keep an **amber tint** even when fully active. They will not turn clear or white.

ACTIVATION CHECK

Plump, amber grains and a few bubbles?

Your grains are ready for Phase Two. An amber color is normal and expected with turbinado sugar. If you do not see signs of activity after 2 days, repeat the activation steps. Some grains need another 1-3 days.

PHASE TWO

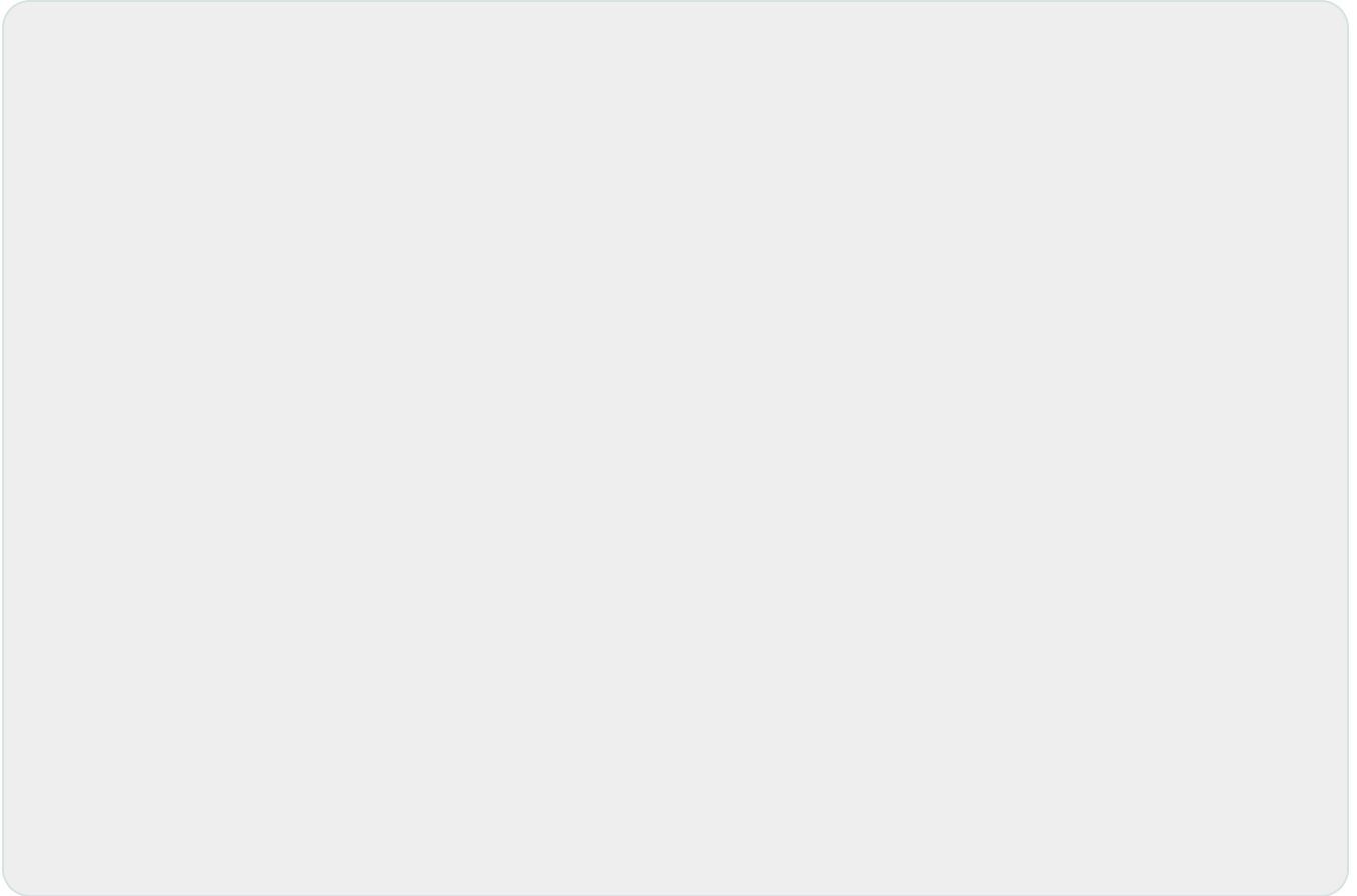
Make water kefir with activated grains

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

BATCH 1

Prepare fresh sugar water

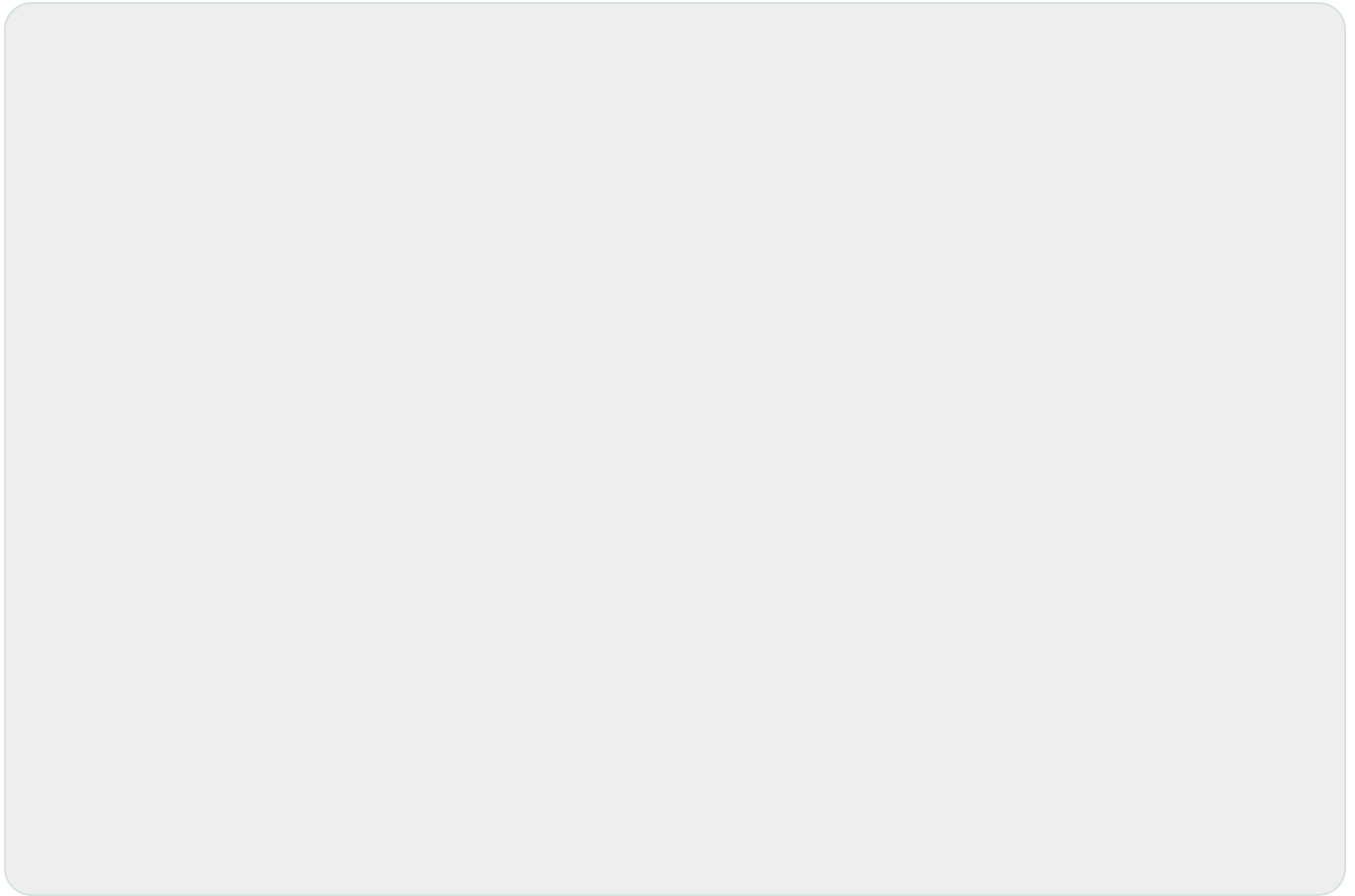
In a clean glass jar, combine **1/2 cup hot water**, **1/3 cup sugar**, and **1/2 tsp molasses**. Stir until the sugar dissolves, then add **3 cups cold water**.



BATCH 2

Add your activated grains

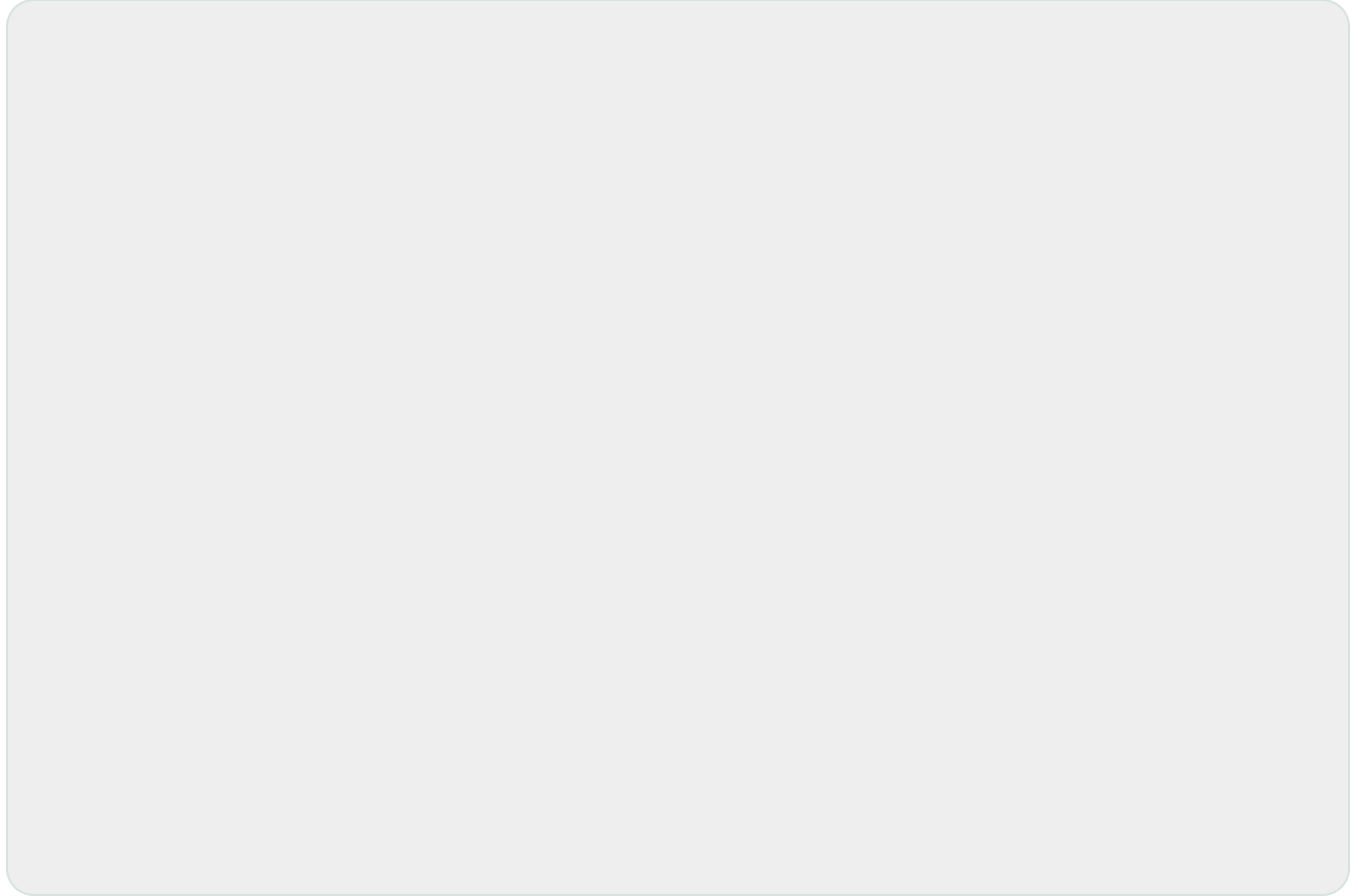
Transfer the **activated water kefir grains** into the prepared sugar water.



BATCH 3

Cover and culture for 24 hours

Cover the jar with a coffee filter or cloth secured by a rubber band. Let it culture at room temperature for **24 hours**.

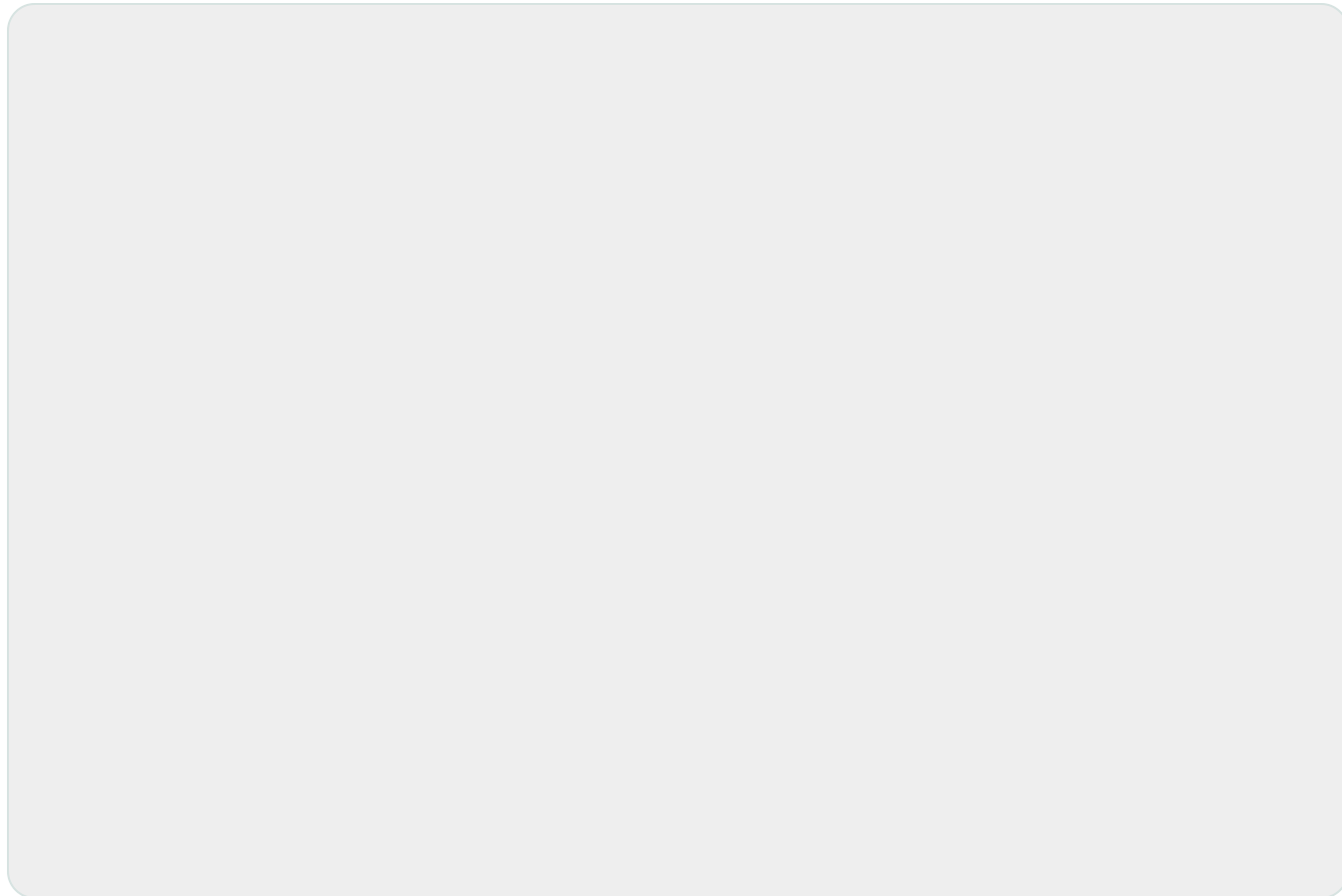


What you will see: The liquid should begin to look cloudy. If it is still clear after 24 hours, let it culture for another 24 hours.

BATCH 4

Strain and start again

Strain out the grains using a mesh strainer. The liquid is your finished water kefir. Move the grains directly into a fresh batch of sugar water and repeat the previous steps every **24 hours**.



What you will see: Finished water kefir is lightly tart and may have a gentle fizz. Your grains stay in the strainer and are reused.

FINISHED BATCH

Lightly tart with a gentle fizz

Refrigerate and drink your finished water kefir, or flavor it for a second ferment. Keep the grains moving into fresh sugar water.

TROUBLESHOOTING

Is this normal?

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

I do not see bubbles after the 2-day activation



My grains are still small



The liquid is not cloudy after 24 hours



I do not see many bubbles or fizz. Are my grains dead?



What temperature should I use?



Can I use tap water?



Do I throw away the grains after straining?



KEEP IT GOING

Your next batch

Reuse the grains

Prepare fresh sugar water, add the strained grains, 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 water kefir

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

Lemon-Ginger Water Kefir

Bright citrus, fresh ginger, and a lively second ferment

Orange-Vanilla Water Kefir

A creamy orange-soda flavor with a probiotic twist

Mojito Water Kefir

Mint, lime, and sweet-tangy water kefir over ice

Water Kefir Lemonade

An easy citrus flavor for a refreshing finished batch

Useful tools for every batch:

Quart jar

Flip-top bottle

Thermometer

Mesh strainer

More

Strained your first batch?

You just made refreshing water kefir at home. Share your jar and help the next first-timer feel ready.

Tag #culturesforhealth so we can find your water kefir!

CULTURES FOR HEALTH

