



HOMEMADE KEFIR RECIPE

Vata ↓, Pitta ↓, Kapha ↑↓

Makes: 4 cups or more

Prep Time: 15 minutes

Culture Time: 24 to 36 hours

INGREDIENTS

- Organic, high-quality whole milk
- 2 tablespoons of fresh kefir grains for every 4 cups of milk

DIRECTIONS

1. Before beginning make sure the glass jar and stirring spoon are clean and sterile. Once the materials are ready, pour the kefir grains into the glass jar using 2 tablespoons of grains for every 4 cups of milk.
2. Add in the milk until the jar is just about full, leaving about 2 to 3 inches of space from the top of the jar. This space is needed, as the fermentation process often makes the liquid expand due to the carbonation and the proliferation of the grains (yes, a healthy culture will grow and multiply with each batch).
3. Cover the jar with the thin dish towel, using a rubber band to tightly secure it (make sure there are no holes or openings for fruit flies to sneak in).
4. Leave the jar out in room temperature* for 1 to 3 days, depending on your taste preferences and the temperature of your kitchen. The longer the fermentation time, the more sour (and less sweet) the drink will become. The hotter the temperature, the quicker the fermentation will occur.

*The ideal temperature will be between 70 and 75 degrees. If it is warmer than 75 degrees, less fermentation time will be needed. If it is cooler, a bit more fermentation time will likely be needed. I often will place the jar on the stove (away from the burners) during the winter to allow a bit more warmth.

5. Once the desired fermentation point has been reached, pour the finished kefir through a fine mesh strainer or clean cheese cloth and into another wide-mouthed jar...

Congratulations, you have made your first batch of homemade kefir!

ADDITIONAL TIPS

- Looking to jazz up your plain kefir? Some great additions include maple syrup (best for Pitta and Vata), honey (best for Kapha and Vata), fresh ground flax seed, shredded coconut, mesquite powder, vanilla extract, cacao powder, and/or chia seeds. Spices can also help add a more pleasurable flavor (and more health benefits!) such as cinnamon, cardamom, ginger, turmeric, saffron, or roasted cumin seed.
- Kapha types should drink the kefir mixed with water (1 part water to 1 part kefir) and add in a teaspoon of honey, a small pinch of black pepper, and a large pinch of ginger to reduce the Kapha-promoting qualities of the dairy. If this is still too much, it is recommended to use goat milk or a non-dairy alternative such as homemade almond milk or hemp milk ([click here for our recipe](#)).
- Pitta types should avoid fermenting the kefir for more than 2 days, as this will increase the heating qualities and Pitta-provoking sour taste of the beverage.
- One should take 4 ounces of the kefir, 1 to 2 times daily for promoting healthy gut flora and treating digestive issues.
- When using a non-dairy alternative, one should soak the grains in dairy milk between batches to ensure healthy, active kefir grains. The first batch may need to be done using dairy milk as well since they can be sometimes a bit weak when they are initially received. Otherwise, making them using a (preferably homemade) nut, coconut, or seed milk is a great option!
- Kefir can be taken directly after a meal with a pinch of roasted cumin seed to promote healthy digestion (similar to a lassi beverage).
- Never take kefir with fruit as this is considered an Improper Food Combination and will lead to further digestive issues and toxic accumulation in the GI tract.
- Kefir is safe for children and can be taken in small amounts from 1 year on.
- Kefir is safe and highly recommended to take during pregnancy and postpartum.