

# WATER KEFIR

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## MAKING KIT



## Brewing Instructions

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Plus Tips for Your  
Best Brewing Results



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## PART ONE

# ACTIVATING KEFIR GRAINS

A decorative graphic consisting of several bubbles of different sizes and colors (teal, light blue, red) floating upwards. To the right of these bubbles is a large teal number '1' centered within a thick red circular border.

Your water kefir grains will arrive in a dried state. The first step in making your water kefir is activating your dried water kefir grains to prepare them for fermentation. Once activated, the grains will increase in size.

### SANITATION

Thoroughly clean equipment with warm water and a small amount of vinegar or soap before first use.

## DIRECTIONS

- 1 Bring  $\frac{1}{2}$  cup of water to a boil, then remove from heat.
- 2 Add  $\frac{1}{4}$  cup of organic cane sugar to the jar, then pour hot water into it. Use a wooden spoon or other non-metal utensil to gently stir until the sugar is dissolved.
- 3 Add 3 cups of cold water to the jar, and again, give the mixture a gentle stir. The water in the jar should now be close to room temperature, which it must be before proceeding.

Pop on  
over to the back  
cover to see a  
complete list of  
ingredients

- 4 Add the packet of dried water kefir grains to the jar. They should sink to the bottom after a few moments.
- 5 Cover the jar with the cotton cloth or coffee filter and secure it with a rubber band. Add the stick-on thermometer to the side of the jar to help monitor the temperature.
- 6 Set the glass jar in a warm place (70-85°F), out of direct sunlight with plenty of air flow (no closets or cupboard). Let the kefir grains activate for 2-3 days. After 2-3 days, the water kefir grains should be thicker and transparent, at which point, they have been activated and are now ready to use to make water kefir.
- 7 Use a strainer or slotted spoon to remove the now active water kefir grains. The liquid used to activate the kefir grains can be consumed at this time, but will not be fully fermented. You are now ready to make your first batch of water kefir!





## PART TWO: USING ACTIVATED KEFIR GRAINS TO MAKE WATER KEFIR

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### DIRECTIONS

- 1** Bring  $\frac{1}{2}$  cup of water to a boil, then remove from heat.
- 2** Add  $\frac{1}{4}$  cup of organic cane sugar to the jar, then pour hot water into it. Use a wooden spoon or other non-metal utensil to gently stir until the sugar is dissolved.
- 3** Add 3 cups of cold water to the jar, and again, give the mixture a gentle stir. The water in the jar should now be close to room temperature, which it must be before proceeding.
- 4** Transfer your kefir grains to the jar. Cover the jar with the cotton cloth or coffee filter and secure it with a rubber band. After 24-48 hours, the liquid should turn a bit cloudier, depending on how fast the fermentation is occurring. In warmer environments, you might notice it will ferment quicker than in colder environments. After the liquid has become noticeably cloudier, it is ready to be chilled, or flavored and carbonated.
- 5** Once finished, transfer kefir grains immediately into a new batch by pouring the finished liquid into a clean jar and filtering the grains using a strainer. Repeat steps 1-4 to start a new batch.

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## STORAGE TIPS

- Keep your water kefir jar in a low activity place. Away from food prep, trash, plants, or anywhere that could cause outside bacteria to interfere with the fermentation process.
- Always keep your water kefir jar at room temperature, between 68-85°F (the ideal temperature is 76°F).
- If the water kefir jar is sitting on a cold surface, put down a towel or cutting board for insulation.

Most water kefir reaches its maximum flavor within 24-48 hours, depending on the ambient temperature.



### BREWERS TIP

The more surface area of the fruit that is exposed to the water kefir, the more flavor and fizz you will have in the end.



# PART THREE

# BOTTLING TIPS

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## WARNING!

Do not leave your sealed bottles at room temperatures for more than 3 days, as the carbonation can build up too much if not refrigerated. This can lead to a dangerous situation where bottles explode. We suggest tasting the water kefir after 24 hours to see if you are satisfied with the carbonation levels. If you want it more carbonated, continue storing at room temperature and check again every 24 hours until the desired carbonation level is reached.



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## CREATING CARBONATION

If you like a carbonated water kefir, then bottle your finished water kefir in a pressure rated bottle like a beer bottle or flip top bottle, making sure to leave at least 1 inch of headspace at the top of the bottle to reduce the risk of it overflowing.

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## FLAVORING

The time to add flavorings to your water kefir is after it's completed fermentation. Flavorings like fruit will not only aid in enhancing the overall flavor of your beverage, it will allow for secondary fermentation for carbonation.



It's always best to use the highest quality fruit or juice you can find, with organic being ideal when possible. Fruits like berries, grapes, apples, and mangos can be juiced or pureed, and strained if desired, before adding to taste directly to the bottles before sealing and allowing to carbonate at room temperature.

Other flavoring options include fresh or dried herbs, which you can steep with the water kefir for a couple of days in a secondary vessel before bottling.

You can also just consume your water kefir without carbonation, by chilling it immediately after fermentation.

After you have added all of your flavorings, store the bottles at room temperature to allow carbonation to develop in the bottle. Test the carbonation levels after 3 days. If you like the amount of carbonation, move all the bottles into the refrigerator, which will stop additional carbonation. If more carbonation is desired, leave the bottles at room temperature and test again in a few days. After the right amount of carbonation is achieved, transfer the bottles to the fridge, and enjoy once they have been chilled.

To watch an instructional video for this kit visit [PopCultures.Co](https://PopCultures.Co)

# INGREDIENTS



32 oz Jar

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Genuine Dried  
Water Kefir Grains

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Cloth Cover and  
Rubber band

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Sugar

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Adhesive Thermometer

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## YOU WILL NEED:

Filtered or  
Spring Water

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Stirring Utensil

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Strainer or  
Slotted Spoon

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