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by Rebecca Roberts

Recipe: How to Make Homemade Kefir

Ingredients

75 cl of milk
150 g of kefir grains
Servings
4
Person
Preparation Time
15
min
Cooking Time
24
hr

Preparation

1 Place the milk at room temperature in a container

2 Add the kefir grains, cover and let the mixture stand for 24 hours

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4 Store the remaining liquid in the fridge

Cooks Note

Frequently sought after on our forum, kefir – milk and grains – is a popular go-to thanks to its great health benefits.

It is a type of fermented milk, which has a more complex microflora than yoghurt. Kefir is a food rich in microorganisms that help to regenerate intestinal flora, strengthen your body's defences and prevent infectious diseases.

Consuming kefir in your healthy diet comes with several nutritional benefits:

- **Milk kefir, which is the most consumed, increases the biological value of milk proteins**
- **It synthesises the B-complex vitamins, so it becomes a good immediate-acting brain tonic**
- **It is dominant in calcium, potassium, phosphorus and vitamin D**
- **It is very beneficial for the bones**

These steps help you to activate your kefir grains; you must ensure you have the optimal temperature for them, and make sure they're fed what they need to culture well.

Keep in mind that kefir grains are living things, and thus you should give them everything they need while protecting them from stress. The more grains you have, the more milk you will need to culture every day.