

Lemon and Ginger Water Kefir

¼ cup water kefir grains
¼ cup organic sugar
¼ lemon,
1 slice ginger root
½ to 1 tsp blackstrap molasses

(1) Dissolve the sugar and blackstrap molasses into a small amount of hot water (1/4 cup). Do not use honey in place of sugar. Honey has antimicrobial properties and will damage your water kefir grains or delay their proliferation.

(2) Once sugar is dissolved, add rest of the water. Make sure the water is not warm – it must be at room temperature. Then add the water kefir grains, blackstrap molasses, ¼ lemon and 1 slice of ginger to the mixture of sugar water in a ½ gallon mason jar.

(3) Cover with a drying up towel, cheesecloth, [muslin], or coffee filter, and elastic band. Allow your water kefir to brew ... at room temperature for 48-72 hours depending on the strength you prefer and the temperature of your home. The warmer your home is, the faster the water kefir will brew.

(4) Strain the water kefir grains, lemon and ginger from the water kefir and bottle the liquid into smaller [glass] containers using a non-metal strainer.

(5) Rinse the grains and restart the process of brewing more!

(6) Allow the smaller bottles [or glass jars] to sit out for another 24 hours to continue fermentation and produce natural carbonation, then put into the fridge for 2-3 days.

(7) Serve cold over ice and enjoy!

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## Some favourite Kefir Variations

- After the first fermentation, cap the water kefir without adding any juice. After two days, put in the fridge and add vanilla extract before drinking – tastes like cream soda!
- Adding lemon juice and drinking right after the first fermentation – tastes like lemonade!
- Doing the second fermentation with grape, apple, cherry or pomegranate for a fizzy fruit flavoured soda.
- Adding raisins or prune juice for the second fermentation – tastes like Dr. Pepper.