

# Water Kefir

(makes 1 quart)

Stir 6 tablespoons of sugar mix into 3 cups of water until sugar dissolves.

Place 1 date and 1 slice of lemon (unsqueezed) into the jar and add the kefir grains (without their liquid).

Place the lid on the jar, but don't fully tighten. Allow to ferment for 1 to 2 days before straining off the liquid and storing it in the refrigerator in a sealed bottle or jar. Once chilled, it's ready to consume.

Store grains in plain, filtered water in the fridge for up to 10 days before making your next batch. Or, rinse your grains in filtered water and start a fresh batch, exactly as above.

