

Yaa Fumanti Homemade Live Milk Kefir Culture

In this order: **Live Kefir Culture Kit**

Live Kefir Culture Only

Congratulations, you now own your own kefir culture. You can now make endless healthy homemade milk kefir to add to cereals, eat as yoghurt, add to smoothies, mix with protein powder and enjoy as a milk drink.

Kefir is very simple to make. It belongs to the probiotic group of foods that introduces healthy gut flora in our system that helps good bacteria to outnumber bad bacteria in the gut. Healthy microbiome means that our immune system is more resilient, resulting in over all good health.

The foods we buy from the supermarkets are washed and disinfected, this results in both good and bad bacteria being washed off them and as such consuming even healthy meals we cook ourselves lacks any bacteria. Drinks such as kombucha brews, water kefir and milk kefir enables us to introduce different types of healthy & good bacteria inside your gut which in turn promotes an around healthy gut.

- Both dehydrated and live kefir culture grains are used in the same way. They result in a naturally thickened milk like yoghurt. (commercial yoghurt relies on adding corn flour or emulsifiers for thickness)
- Dehydrated milk kefir loses their strength with each batch you make. I would advise that you only make 3 batches and then consume all of your last batch of yoghurt. You can make further batches with the dehydrated kefir grains, however, the culture grows weaker, compared to using live grains which just keep reproducing the same high strength colony of live bacteria.
- Do not be alarmed, the dehydrated culture is equally good, they just grow fatigued after a few batches. They will continue to ferment fresh milk if you add them into milk for far more batches than 3.
- Milk kefir can be consumed by adults and children who do not have a dairy intolerance. When milk kefir is ready, it has a tangy taste to it.

NOTES:



www.yaafumanti.com

Whatsapp: 00447973892173 / 0044 20389927226

Office Hours: 10AM – 5PM

@TeamYaahBaby   

- When you first receive your kefir grains, do not take it out of the original sealed bag until you are ready to make your yoghurt
- Milk kefir must always be made with fresh milk powder or liquid milk (**My favourite is the Tesco Finest Channel Island Milk 1lt**)
- The milk you use must not be pasteurised.
- When it is warm, your yoghurt would be ready within 24 hours, however in colder months, it may take longer. You can always tell if your kefir yoghurt is ready by stirring a flat knife or fork. If it is still fluid, then it is not ready. If it is thickened just like commercial yoghurt then it is ready.
- **PLEASE note that you cannot use pasteurised carton milks and some nut milk to ferment kefir.**
- Your kefir bacteria may have become sluggish whilst travelling to you in the post. Your first batch may take longer than 24 hours to thicken. **But exercise patience**, they will thicken. **I suggest** that you only add less than 1 litre milk to the first grains you are sent. Make your first batch, eat some and reserve 2 tablespoons for your second batch.
- **Visit the CLASSROOM** on the website for a series on probiotics and fermenting.

KIT

Kefir colony

Printed instructions

Glass jar

Glass bottle (*for taking kombucha drink with you to work or gym*)

Muslin cloth

Rubber band

Bottle tag

RECIPE

- Rinse your glass jar and wipe dry with clean napkin.
- Pour milk kefir into glass jar.
- Add 1 litre fresh milk to the glass jar.
- Cover the glass jar with muslin cloth provided to you and secure with elastic band.
- Put date on the tag and slip on the glass jar or glass bottle if you FANCY.
- Once kefir milk has thickened like yoghurt, it is ready to be consumed. Always save 2 tablespoons from each batch to make future batches. To take a rest, just save your 2 tbs in the freezer until you want to continue making more batches.