

Serving suggestion

How to make your own Kefir



Available online at
www.madmillie.com

Mad Millie
AS FRESH AS CAN BE

Let's make some kefir!

KEFIR

*Prep time: 20 mins Ready in: 24 hours
Makes 1 L (1 US qt)*

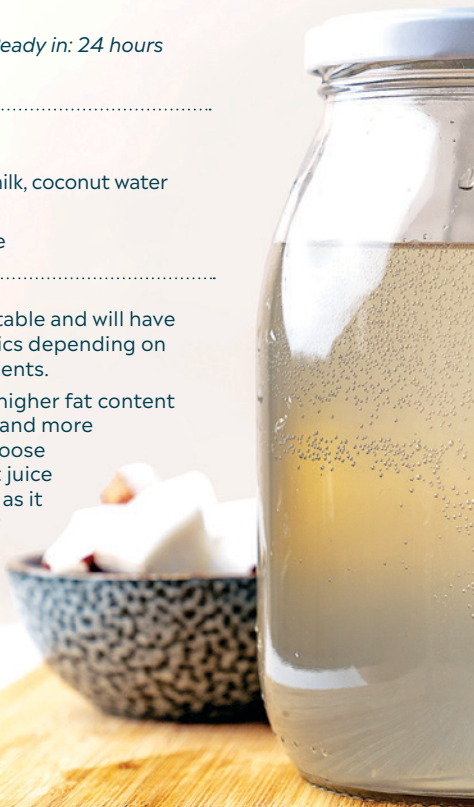
Ingredients

1 L (1 US qt) milk, soy milk, coconut water or fruit juice

1 sachet of kefir culture

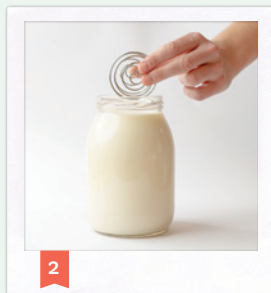
Tip: Your kefir is adaptable and will have different characteristics depending on your choice of ingredients.

If you're using milk, a higher fat content will give you a thicker and more creamy kefir. If you choose coconut water or fruit juice it won't thicken much as it has low/no fat, but try leaving the lid on at step 3 to get a fizzy kefir!

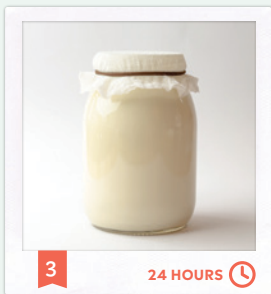




Add 1 L (1 US qt) of milk, soy milk, coconut water or fruit juice to the jar.



Add culture and mixing ball. Replace lid and shake well.



Replace the lid with muslin cloth and leave at 20 - 30°C (68 - 86°F) for 24 hours or until set or fizzy (refer to tip).



Remove the muslin cloth, replace the lid and shake vigorously before putting in the refrigerator.

Store in the refrigerator for up to **2 weeks**.

HOW TO RE-CULTURE YOUR KEFIR

Your kefir can be re-cultured a further two times from the initial kefir batch. We recommend re-culturing within 7 days of your first batch.

1. Save $\frac{1}{4}$ cup (62 g) of kefir from the previous batch and add it to 750 mL (25.7 US fl oz) of fresh milk, juice or coconut water.
2. Cover the jar and leave at room temperature for 24 hours or until set or fizzy (refer to tip).



Ever had trouble keeping your kefir at the right temperature? Us too.

To help you get that tangy kefir flavour, we've worked with designers and created a Mad Millie double-walled, stainless steel culturing flask.

This is the easiest way to maintain temperatures overnight and allow cultures to work their magic.

When fermenting, your kefir culture will produce gas. If you don't want fizzy kefir take the jar out of the flask during the day, this will allow the gas to escape.



NB: the product in this jar is Greek yoghurt, your kefir probably won't get this thick.

MANGO TURMERIC KEFIR SMOOTHIE

If you prefer to stay away from dairy, use coconut milk or coconut water kefir instead of milk. Your gut will thank you for this one!

Prep time: 5 mins Ready in: 10 mins

Makes 1 serving

Ingredients

1 Banana

1 cup (12 oz) Mango, chopped
(fresh or frozen)

3/4 cup (6 fl oz) Kefir

1/2 - 1 tsp Turmeric

Method

Add all ingredients into a blender and pulse until smooth.



To flavour your kefir, add your desired flavour directly to the jar or use a blender to make a delicious smoothie.

Berries or tropical fruits go perfectly with the tang of kefir. Coconut water and pineapple kefir is our favourite!

Visit www.madmillie.com for more recipe inspiration.



Serving suggestion

A stylized illustration of a hand holding a straw. The hand is light green with white outlines. The straw is yellow and white striped. A large red circle is positioned above the straw. The background is a light teal color.

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Join our community and share your creations and learnings by tagging **@madmilliekits** and **#madmilliemade**



madmilliekits

Mad Millie Kits and equipment are designed to make it fast and simple for you to create beautiful, artisan food in your own home. For more kits and consumables, along with some helpful tips and how-to videos, visit

www.madmillie.com

A cluster of four small icons: two raspberries (one red, one orange) and two blueberries (one dark blue, one light blue) with white stars.

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