



FLAVORED COCONUT WATER KEFIR – CULTURED STARTER

Coconut water kefir is a tropical, dairy free alternative to milk kefir. It's light, fizzy and tangy. You can get the starter culture from [Kultured Wellness](#). Use code: guthealing for 10% discount. Once you have made your first batch, put aside one cup of plain kefir to use for your next batch. Then you can make various flavors to keep it tasty and interesting.

2 Ways to flavor your Kultured Wellness kefir

1. Ferment with the fruit and spices in the mix - **removes all sugar**
2. Add the fruit and spices after the fermenting process has happened just before you put in fridge.

Option 1: Ferment with the fruit and spices in the mix - removes all sugar

Flavor suggestions (to be used for both methods):

- Mango
- Mango and mint
- Mango and banana
- Raspberry
- Blueberry
- Mixed berry
- Strawberry and mint
- Mango and ginger
- Passionfruit
- Apple cinnamon - add a quill of cinnamon
- Orange and ginger
- Watermelon and basil
- Strawberry and lemongrass
- Cherry and vanilla pod
- Blueberry and lavender
- Pineapple, orange and lemon
- Pomegranate
- Passionfruit, mango and ginger
- Pineapple Passionfruit Lime & Mint
- Ginger and lemon



FLAVORED COCONUT WATER KEFIR – NO SUGAR

Ratios:

1 cup kefir : 2 litres coconut water: 1/2 - 3/4 cup fruit

1/2 cup kefir : 1 litre coconut water: 1/4 cup fruit

Equipment:

2 litre jar/bottle or

1 Litre bottle depending on how much you are going to make.

Method:

1. Make sure jars/bottles are very clean
2. Add plain kefir as a starter to jar/bottle
3. Add fruit/spice/juice combo of choice to your bottle/jar (sing out in the group for help if you get stuck).
4. Add coconut water leaving approx 4-5 cm at the top of the jar/bottle for expansion. Fruit usually makes a much more fizzy drink so more space is required at the top of the vessel.
5. Leave out on counter out of sunlight for 24-48 hours checking regularly from the 12 hour mark to make sure gas is released.
6. Once all detectable sweetness is gone either 1. Take 1 cup and put aside for your next batch or 2. Drink until 1 cup is left and then do another batch.
7. Use up within 10 days.
8. Add to smoothies, mock tails, a substitute to champagne.



FLAVORED COCONUT WATER KEFIR – ADD FLAVOR AFTER FERMENT.

Option 2: Add the fruit and spices after the fermenting process has taken place.

Adding the fruit, juices, spices at the end of the ferment just before chilling makes for a slightly sweeter drink. If you are just new to ferments then this could be a great start to ease in to it and also to get the kids enjoying the yummy flavor combos.

With this method you simply ferment your plain coconut water kefir first, take away a cup for your next batch and then add some fruit, juice, herbs or spices to the kefir before placing in the fridge. **I generally only make 1 litre at a time so i can explore different flavor combos.**

Ratios:

- 2 litres coconut water kefir: 1/2 - 3/4 cup fruit/juice/herbs/spices etc
- 1 litre coconut water kefir : 1/4 cup fruit/juice/herbs/spices etc

This is a rough guide. You really don't need much fruit to pack a punch. For e.g. if you were making a passionfruit kefir, I would only add 1 passion fruit to a 1 litre batch and 2 to a 2L batch.

Equipment:

- 2 litre jar/bottle or
- 1 Litre bottle depending on how much you are going to make.

Method:

1. Once your plain kefir is ready, remove 1 cup of kefir and put aside for your next batch.
2. Making sure to leave 4-5cm at the top of the bottle/jar after adding your flavors, add in your fruit/juice/herbs/spices etc (sing out in the group for help if you get stuck).
3. Place in fridge and use up within 10 days.
4. Add to smoothies, mocktails, a substitute to champagne.