DRINKS & SMOOTHIES

Coconut Kefir: Probiotic Kefir Improves Immunity & Digestion

By bestfolkmedicine · 17/01/2019 · 3 min read

What is coconut water kefir?

One of the most popular alternative uses of water kefir grains is its ability to make delicious healthy coconut water kefir. All you need is genuine water kefir grains and coconut water. It combines the health benefits of both coconut water and kefir, a refreshing low sugar alternative that's packed with electrolytes and probiotics. The taste is the same as slightly fizzy, tangy coconut water.

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Ingredients

• 1 quart (4 cups) of Coconut Water

The best and freshest coconut water kefir is the water directly out of a young coconut. This is great option for people in locations where coconuts are abundant. But due to the expense and pain of breaking open coconuts, many people simply use coconut water out of a can or container that you can find in most super markets or health stores. It should still ferment fine.

Sometimes finished coconut water kefir can taste a little rancid once it's fermented. This is usually due to stale or old coconut water. It's hard to tell though until it's actually fermented because typically the plain coconut water tastes just fine. You can only really tell once the water kefir grains work through the coconut water. It's the same way with coconut flakes. You can have great tasting

coconut flakes, but if they are old, it will taste rancid once it's fermented. If it does end up tasting old / rancid, try another fresher one or a new brand and see if that helps.

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• **4 tablespoons of** water kefir grains

If you just received your grains in the mail, it is recommended that you do a couple batches in a regular sugar water recipe so they are as balanced as possible before putting them in the coconut water.

The standard ratio of grains to coconut water is about 1 tablespoon to 1 cup of coconut water. So you can certainly adjust the amount of grains or coconut water if you want to do more or less coconut water kefir. It's okay to adjust the ratio as well if desired. For example, in the summer time, you may need only 1/2 tablespoons of water kefir grains to 1 cup of coconut water. If you find that it's too sour even after just 24 hours, you may need to lower the amount of grains or increase the amount of coconut water

Steps:

1. Combine water kefir grains and coconut water in a glass jar. Cover with a loose lid to keep the fruit flies out.

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2.Let it sit for 24-48 hours. More often than not, it's done closer to 24 hours than 48 hours. 48 hours is generally the maximum you want let it brew for. It usually becomes quite sour after that point. Try tasting it at 24 hours or earlier and keep tasting until you get a feel for what you like the best.

3. Strain the water kefir grains out of the coconut water kefir. Put the grains back into fresh coconut water and repeat. Or store the grains in a jar of water until the next use.

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Store the finished in coconut water kefir in a closed jar in the fridge. You can drink fresh or let it cool. It will store in the fridge for a long time (technically it won't go bad), but keep in mind that it will continue to ferment even without the grains and will slowly get more sour until it's no longer

palatable.

Important to note:

Coconut water does not have enough sugar and minerals by itself to sustain water kefir grains long term. They will usually eventually stop producing good coconut water kefir. So we do recommend that you alternate every couple or so batches with a regular sugar water recipe to help keep them strong and healthy. Or another option is to grow water kefir grains with a regular sugar recipe and simply use the extra grains until they no longer produce an acceptable coconut water kefir.

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