

20 WAYS TO BETTER YOUR LIFE USING WATER KEFIR GRAINS



By Erin Schroeder

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- Have fun using Water Kefir Grains!

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FOOD RECIPES

Pineapple Chutney



- 1 small pineapple, chopped*
- 1 bunch fresh cilantro, coarsely chopped*
- 1 tablespoon fresh ginger, grated*
- 1 jalapeno chile, seeded and finely chopped (optional)*
- 2 tablespoons fresh lime juice*
- 2 teaspoons sea salt*
- 1/4 cup water kefir*
- 1/2 cup filtered water*

In a large bowl, mix pineapple, cilantro, ginger and jalapeno. Place mixture in a quart sized mason jar and press down slightly with a wooden spoon

Mix together lime juice, salt, kefir and water and pour over pineapple. Add more water if necessary to cover pineapple mixture. You want the water line to be at least 1 inch below the top of the jar.

Cover tightly and let sit at room temperature for 2 days before transferring to the refrigerator. Consume within 2 months.

Raw Chai Granola

2 cups sliced almonds

2 cups walnuts

¼ cup water

¼ cup raw honey

½ cup shredded unsweetened coconut

½ cup almond flour or dried almond pulp

2 apples shredded

½ cup gogi berries or raisins

¼ cup chia seed

¼ cup hemp seed

½ cup dehydrated kefir grains

½ tsp sea salt

1 tbsp cinnamon

3 tsp cardamom

1 tsp ginger

1/2 tsp cloves

1/8 tsp black pepper

Soak almonds and walnuts in water for 8 hours to remove phytic acid.

Whisk the honey and water in a small bowl or measuring cup.

Rinse nuts well and combine in a large bowl with coconut, almond flour, apples and water-honey mixture.

In a blender or coffee grinder, grind chia seed into chia meal. Add remaining ingredients to chia meal and mix well. Pour chia mixture over the rest of the ingredients and mix thoroughly.

Divide the mixture between two dehydrator trays lined with paraflexx sheets, plastic liners or parchment paper.

Press granola flat so it is about the same thickness over the entire sheet.

Dehydrate at 115 degrees for 10-14 hours, flipping half-way through. The granola should be completely dry and crunchy when it is “done.”

Homemade Lacto-Fermented Mayonnaise

3 pastured egg yolks, room temp (not cold)

Sunflower oil (1 1/2 – 2 cups)

5 tsp Lemon juice

½ tsp Sea salt

¼ tsp mustard

2 tbsp water kefir



I like to use an immersion blender for this, but any mixer will do. Blend/mix the yolks for 1 min.

Add the lemon juice, sea salt, and mustard, and blend again. With the blender running, add the oil drop by drop. Otherwise, the mayo will not emulsify. If you go too fast, you'll end up with runny mayonnaise.

After awhile it will thicken, and then you can add it in more of a thin stream.

Lastly blend in the water kefir. Spoon into a mason jar, cover with a lid, and leave it on the counter or in a cupboard (at room temperature) for several hours. Then transfer to the fridge.

Lacto-fermented Salsa



2 Serrano Chili Peppers *Chili peppers*

6 roma tomatoes

2 tomatillos

1 white onion

2 garlic cloves

Juice of 3 limes

1 tbsp salt

2 tbsp water kefir

1 tsp dried oregano

½ cup or to taste cilantro leaves

Deseed the peppers. Peel and deseed the tomatoes and tomatillos. Peel and quarter the onion and peel and smash or crush the garlic. Place the peppers, tomatoes, onion, garlic, oregano and cilantro into a food processor. Add the lime juice, salt and water kefir.

Simply pulse a few times to get it the way you like it. Transfer to quart-sized mason jar, leaving at least an inch of space from the top of the jar.

Cover and keep at room temperature for 2-3 days before transferring to the fridge. It will keep for weeks!

DRINK RECIPES

Lively Lemonade

4 -6 apples

1 lemon

1" piece fresh ginger (or more to taste)

Water kefir

Handful of greens

Water kefir

Mint leaves

Juice the apples, lemon, ginger and greens.

Put in measuring cup and add the same amount of water kefir.

Stir, then garnish with mint leaves.





Beet kvass

3 beets

1 tbsp Celtic sea salt

Spring water

Water kefir

Dice the beets and split them between two 2 quart canning jars.

Mix the sea salt with a cup of spring water until the salt is dissolved.

Divide this over the two jars of beets, then cover them the rest of the way with spring water (leaving room for 1/4 cup kefir water at the top which you will add last.

Let this sit at room temp. for 24-36 hours and for amazing beet kvass, full of B vitamins and minerals.

RECIPES FOR KIDS

Here are two recipes designed for picky children (or close minded adults).



Kefir Jello

Knox Blox gelatin
Juice of your choice
Kefir

This is rather simple, but a fool proof way of getting most children to consume kefir. Follow package instructions for Knox Blox, substituting cold kefir for the cold juice. Pour in pan and refrigerate. Serve using cookie cutters.

Lemon kefir

Lemon juice powder
Kefir grains

Sprinkle lemon juice powder on fresh kefir grains.

HAIR & SCALP

Scalp Flake Removal

You can use water kefir on your scalp to get rid of the pesky seborrhea, or any kind of scalp flakes.



Conditioner

You can also use water kefir as a hair rinse. If you no poo especially, you can use this in place of ACV. It is said to reverse graying! It is known to be a clarifying conditioner.

SKIN CARE

Toner

You can use water kefir on your face as a toner! Either with an organic cotton pad or a small spray bottle. This will help balance the pH of your skin.



Exfoliant

When making facial masks and scrubs, you can substitute water kefir for water. For example, you could make a mask with 4 tsp ground oatmeal and 5 tsp of water kefir. This mask will also act as a gentle exfoliant and help even out blotchy skin.

Mask

The grains themselves can even be used as a mask. Simply mash them up and leave on your face for 5 minutes. Doesn't get any easier than that!

BATH & BODY

Soaps and Lotions

Use as soap or in lotions! Unlike soap which is very alkaline, kefir is acidic and won't dry out your skin.



Anti-Aging

Use it on keratosis, liver spots and any sign of skin aging. The effects have been remarkable after using it for a few months.

Bath Water

Add water kefir to your bath water! A thorough saturation of good bacteria, both inside and outside the body, helps create the symbiosis of microorganisms that is one of the pillars of good health and longevity.

HOUSEHOLD ITEMS

Fertilizer

Water Kefir can be used to fertilize and nurture house plants, flowers, your lawn or garden. The bacteria will convert nitrogen to an edible source for your plants.

Yeasts

Water Kefir can also easily serve as a great starter for breads and pizzas! Use it in place of a sourdough starter or yeast packet.

Vinegar

Water Kefir can also be used in place of vinegar (often with a more beneficial affect) in many cases such as to soak grains, soften rice, add to soups and stocks (to help extract the nutrients from the bones)

Salt

You can also use in place of some of the salt in making fermented vegetables such as sauerkraut.



STARTER KITS



I will send you everything you need to get started with your own Water Kefir Grains that you and your family can enjoy the tremendous health benefits from drinking Water Kefir every day!

Just head to www.waterkefirgrains.com/kefir-starter.asp to place your 100% secure order, and I'll mail you your Water Kefir Kit for Just \$19.97!

And did I mention FREE SHIPPING?!?

Erin Schroeder
Sarasota, Florida
www.waterkefirgrains.com