UCI Health

Homemade strawberry kefir

Nutritional information

Servings: 3

Cost: $3.12 (using store bought kefir)

Calories: 160 per serving

Ingredients

Homemade kefir

- 3 cups organic whole milk (NOT ultra-pasteurized)
- 1 tablespoon milk kefir grains

Tools:

- Quart-sized Mason jar
- Plastic storage caps or coffee filter with rubber band

Strawberry kefir drink

- 3 cups organic kefir milk (homemade or store bought)
- 4 whole strawberries, fresh or frozen
- Vanilla extract, stevia (optional)

Directions

Homemade kefir

- Combine milk and kefir grains in Mason jar, leaving about 2 inches at top.
- Cover jar with plastic lid or coffee filter secured with a rubber band.
- Place jar in area out of direct sunlight with temperature between 70-80 degrees Fahrenheit.
- Ferment 18-24 hours or until milk has thickened. (Note: Kefir will continue to thicken the longer it sits. Fermentation is complete when liquid is separated from solids at the bottom of the jar.
- Strain kefir to remove grains.
- Enjoy plain or flavored with your favorite fruit (directions below).
- Repeat process in clean jar to have a steady supply.

Strawberry kefir

- Combine kefir milk, strawberries, vanilla and stevia in a blender.
- Blend until smooth.
- Place in Mason jars and cover with a plastic lid or plastic wrap.
- Cover and refrigerate for up to 2 weeks.

Note: Kefir becomes more tart over time.

Recipe and photo by Jessica VanRoo, executive chef of the Susan Samueli Integrative Health Institute, part of UCI Health.