

How To Rehydrate Urban Mystic Dehydrated Organic Water Kefir Grains

Urban Mystic Legacy Dehydrated Organic Water Kefir Grains are a safe option when they will be in transit across Canada, or around the world, since they are in a dormant state and will not degrade or be as likely to be damaged as the fresh grains. It should take about a week or so to 'wake up' and rebalance the Water Kefir Grains to where they are producing a drinkable Kefir. Check out my website for complete information. Make sure to download on the Resource Page: Water Kefir (Getting Started) and Recipes.

Urban Mystic Dehydrated Legacy Organic Water Kefir Grains are dried at a low heat/humidity and will retain their vitality for 6 months to a year, or more, if stored properly. Just store in a cool dry place or pop into your refrigerator until you are ready to start.

Instructions to Rehydrate Water Kefir Grains:

- Into a 4-liter/1-gallon glass jar pour 2 cups of hot water and dissolve 1/4 cup or 4 tbsp. cane sugar. Add 2 cups of cold water and cool to (20*-29°C/68*-85°F). Empty the entire package of Urban Mystic Dehydrated Organic Water Kefir Grains into the cooled sugar water and cover with a filter or cloth, secured by a string or rubber band for 72 hours.
- Strain liquid and rinse in cool water and go to the basic recipe for 24 to 48 hrs. Check to make sure that the Water Kefir is working properly and the kefir is tangy and grains have converted most of the sugar.
- If the grains are not fully working and rebalanced yet, strain the liquid and repeat the recipe.
- Now you are ready to enjoy your own Water Kefir. Your grains should start to multiply in no time, don't be afraid to experiment and discover your own recipe creations!

Once Rehydrated there should be approx. 4 tbsp. of Urban Mystic Live Organic Kefir Grains

Basic Water Kefir Formula Recipe: 1) 1 tbsp. kefir grains 2) $\frac{3}{4}$ - 1 tbsp. cane sugar 3) 1 cup water 4) fruit 5) blackstrap molasses 6) Himalayan salt

Working Water Kefir Recipe: 1) 8 tbsp. kefir grains 2) 8 cups water 3) 8 tbsp. organic cane sugar 4) *4 - 6 pieces 1" x 1" frozen or fresh pineapple 5) 3 - 6 slices of ginger (peeled) 6) vanilla bean pieces 7) can substitute any unsulphured dried fruit or any fresh fruit 8) 1/4 tsp. unsulphured blackstrap molasses 9) 1/4 tsp. Himalayan salt 10) 1/2 tbsp. palm sugar (optional)

Equipment Needed: 1) 1 gallon mason/glass jar no lid or larger 2) plastic/stainless steel strainer 3) plastic measuring spoons 4) plastic spatula 5) linen towel or coffee filter secured by string or rubber band.

***Very Important:** A little secret when making your Water Kefir...whenever you think of it give the container 5 or 6 twists to mix the grains in their solution, it makes a huge difference on the Kefir grains vitality and overall health.