

Recipe - Coconut Kiefer

June 11, 2008



Ingredients/Tools

- Three Fresh Young Thai Coconuts
- Clean tool for making holes
- Keifer Grains from Body Ecology/
or 1/4 cup previous batch room temp
- Cooking Thermometer
- Mason Jar, Saucepan, measuring cup
- Hammer
- Stove Top



First

Boar 3 holes in the flat side of the coconut & drain into a measuring cup. You need about 4 cups....roughly 3 small coconuts.



Let it stand sealed for two days. You may gently shake it, but do not open it or it will affect the fermentation process.

After two days gently shake it, and put it in the fridge to chill....it's much better cold.

Have your grains/previous batch come to room temperature while you heat the fresh coconut water to 92 degrees.

Next, add your fresh packet of grains or your starter from your previous batch to the heated coconut water. Stir and pour into your mason jar. Put your lid on tightly, and find a warm shelf in a closet or pantry to allow your coconut kefir to ferment. (I put a piece of tape with the date and time of day it will be ready)

Once chilled, you may drink it straight, add stevia, rosewater or therapeutic grade essential oils (do not use use with antibacterial properties as they might destroy the “good” flora in the drink)

Start with a little amount at first to see its affects, and enjoy this lovely, bubbly, healthful probiotic, healing drink!