

How to Make Milk Kefir

I wanted to make a video showing you the process I use to make milk kefir each day. It is so easy to make this healthy drink! Don't be intimidated just because it is something you've never done. Get some kefir grains and enjoy all that kefir has to offer!

Because the zooms on the video are somewhat blurry I wanted to show you some pictures of what kefir looks like. The first photo is of the kefir. The second photo is of the grains themselves.



kefir



kefir grains