

Kefir Whey Lemonade Soda

You can substitute the orange juice for lemon juice in this recipe. I like to double the amount of orange juice making it 4 ounces and then add less water. It's becoming one of my very favorite recipe.



Ingredients for kefir whey soda:

- 700 ml (24 ounces) water
- ¼ cup raw sugar
- 60 ml (2 ounces) lemon juice (fresh squeezed, orange juice works too)
- 120 ml (4 ounces) kefir whey

Kefir whey soda preparation

Pour the sugar into a jar and add just enough warm water to dissolve the sugar. Add lemon juice and make sure the liquid is at room temperature and then add the kefir whey. Pour the mixture into a bottle made for brewing and secure a tight lid and seal on bottle. Cover tightly and let sit on the counter for 2-3 days or until the mixture is bubbly and tart. Checking often to make sure bottle doesn't explode. Place in the refrigerator and the bottle will continue to ferment slowly. If it gets too tart, add stevia or a little honey to sweeten.

When we are making kefir cheese, whey is a side product that collects in the jar below the mesh. It's packed with proteins and is very beneficial so don't discard it. Use it for baking or in beverages like this one.

See more whey recipes [here](#).

Products used to prepare this recipe:



Cheese Maker

[Buy on Kefirko.com](https://kefirko.com)



Organic Rapadura sugar

[Buy on Kefirko.com](http://Kefirko.com)