

Natural flavoured probiotic soda



Ingredients:

- 4 tbsp water kefir grains (tibicos)
- 8-10 dcl cold water (other options: fruit/vegetable juice, syrup, coconut water, etc.)
- sugar (you can also use dates, candied ginger stem or candied citrus peels, fruit juices, syrups, etc., instead)

Fermentation time of probiotic soda: 1-2 days

Use a glass jar that can be sealed airtight.

Rinse the water kefir grains thoroughly under cold running water and put them into the jar. Add something sugary to feed the bacteria: either 2 tbsp sugar or 5 dates or 6 cubes crystallized stem ginger or 50 ml fruit syrup, etc. The more sugar you use, the fizzier your soda will be. Add any other desired flavouring (like mint, for example). Fresh fruit, vegetables or flavouring should always be completely covered with water; otherwise they will begin to decay. Seal the jar well and leave it on the kitchen counter, away from direct sunlight for 1-2 days. The fermentation time and intensity depend on the amount of sugar and temperature. In the meantime, shake the container several times, but do not open it.

Warning: The jar might crack and/or break because of the CO₂ if you leave it for too long, expose it to direct sunlight or add too much sugar.

After 1-2 days, pour your probiotic soda through a plastic sieve. With your hands clean, remove all the fruit, vegetable, etc., remains from the water kefir grains. Pour the soda into a clean glass bottle, seal it and keep it in the refrigerator. Use within 3-4 days.

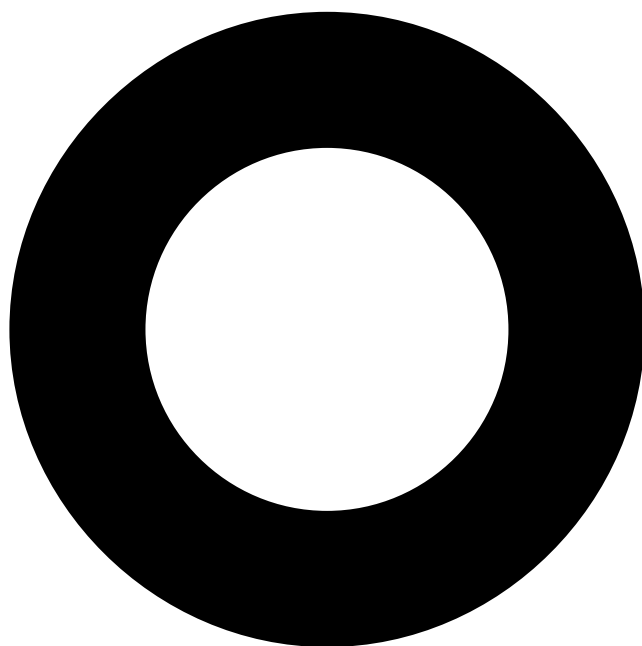
See more kefir recipes [here](#).

Products used to prepare this recipe:



Kefir Fermenter

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