

## Probiotic champagne for children



### **Ingredients for probiotic champagne:**

- 8 dcl water
- 6-8 tbsp water kefir grains (tibicos)
- 4 cubes crystallized stem ginger
- 1 twig of mint
- elderflower syrup

Plan ahead for the probiotic champagne because it takes a few days to ferment.

Put rinsed water kefir grains, crystallized stem ginger and mint into a glass jar. Add cold water. 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. After 1-2 days, pour your soda through a plastic sieve into a glass bottle. Add elderflower syrup and seal the bottle right away. Keep the bottle in the refrigerator. Rinse the water kefir grains under cold running water to remove fruit and other remains. Decorate with fresh raspberries and mint before serving.

Looking for kids dishes for special occasion? Check it out [here](#).

**Products used to prepare this recipe:**



## Kefir Fermenter

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



## Organic Water Kefir Grains

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