EASTERN EUROPEAN · DRINK · BREAKFAST

Milk Kefir from Kefir Grains

5 min · plus 12–30 hours fermenting · Makes 4 × 1 cup (250 ml) · 149 kcal a portion

Video 20:28 · Clean Food Living

Carnivore · Vegetarian · Gluten-free ingredients · No nuts listed

A tangy, lightly fizzy cultured milk with nothing added: a 1-cup glass gives about 8 g protein, a fifth of a day's calcium and almost half a day's vitamin B12.

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Ingredients 2 · MAKES 4 × 1 CUP (250 ML)

- [ ] 4 cups whole **milk** (any milk with lactose; not lactose-free)
- [ ] 1 tbsp (about ¾ oz) **active milk kefir grains** (strained out, reused)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put 1 tbsp (about ¾ oz) active milk kefir grains in a clean glass jar and pour in 4 cups milk, leaving about 2 inches of space at the top. Any milk with lactose works; not lactose-free milk. 7:44
2. Put the lid on — loosely for less fizz, tightly for a fizzier kefir (fine for a day) — and leave the jar on the counter for 12–30 hours: as little as 8 hours in summer, up to 24–30 in winter. 8:08
3. It's ready when the top has curdled and small pockets of whey start to appear. If you leave it longer the whey separates more and the kefir turns sourer and fizzier. 9:24
4. Pour through a fine-mesh strainer, gently pushing the curds through with a spatula until only the grains are left. Don't rinse the grains. 12:35
5. Put the grains straight into a jar of fresh milk to start the next batch. Cover the kefir tightly and refrigerate; it keeps 2–3 weeks. 13:42
6. Throw the grains away if they turn pink, black, grey or blue or smell rotten; a mildly yeasty or sour smell is normal. 17:22

> **Tip** Makes about 4 cups. In the video she advises against ultra-pasteurised (UHT) milk; she has since said it works. Speed it up with less milk or a warmer spot. The grains double in 1–2 weeks: share them.

The method is a summary in our words — the video shows every step.

One portion, 1 cup (250 ml), gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
149 kcal	7.8 g	12 g	0 g	8.1 g	100 mg
620 kJ	16% of a day	12 g net · 12 g sugars	0% of a day	4.6 g saturated	5% of a day
		4% of a day		10% of a day	

Energy from net carbs 32% · protein 21% · fat 47%

High in (20%+ of a day) Vitamin B12 46% · Calcium 21%

Source of (10–19%) Selenium 16% · Vitamin A 12%

Recipe and video: Clean Food Living (@CleanFoodLiving) on YouTube — youtube.com/watch?v=aBkDuRHRzNA, published 9 March 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/milk-kefir-from-grains