

Ginger & Lemon Sparkling Water Kefir

ACTIVATING THE GRAINS (FIRST TIME ONLY)

INGREDIENTS

20g water kefir grains
500ml filtered (non-chlorinated) water
15–20g organic sugar

METHOD

- Dissolve the sugar in the water.
- Add the kefir grains.
- Cover loosely and leave at room temperature (20–24°C) for 24–48 hours.
- Strain the grains and discard the liquid.
- Repeat with fresh sugar water if the grains are not yet active.
- Once the grains are producing a slightly tangy ferment, they are ready to use.



Ginger & Lemon Sparkling Water Kefir

FIRST FERMENTATION

INGREDIENTS

20g activated water kefir grains
500ml filtered water
15g cane sugar (about 1 tablespoon)

METHOD

- Dissolve the sugar in the water.
- Add the activated kefir grains.
- Cover loosely and leave at room temperature for 24–48 hours.
- Taste after 24 hours. When the drink is lightly tangy and less sweet, it's ready for the next stage.

SECOND FERMENTATION (FLAVOUR & FIZZ)

INGREDIENTS

- Fermented water kefir from the first fermentation
- 1 tablespoon fresh lemon juice
- 5–10g fresh ginger, grated or finely sliced
- Optional: ½ teaspoon sugar for extra carbonation



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METHOD

- Strain out the kefir grains and reserve them for your next batch.
- Add the lemon juice and ginger to the fermented liquid.
- Stir in the optional sugar if you want a fizzier drink.
- Transfer to a bottle with a secure lid.
- Leave at room temperature for 12–24 hours. After the 12–24 hour second fermentation, strain out the ginger and bottle the kefir for storage.
- Once it reaches your preferred level of carbonation, refrigerate.
- Serve chilled. Open carefully, as pressure may have built up.

FOR YOUR NEXT BATCH

- Place the grains into fresh sugar water and repeat the process (starting with the first fermentation). Healthy grains should remain active and may gradually multiply over time.

Notes

- Use non-chlorinated water, as chlorine can inhibit fermentation.
- Longer fermentation creates a drier, less sweet drink.
- If the weather is warm, fermentation may happen more quickly.
- If you're new to water kefir, the first few batches may be less fizzy while the grains settle in.
- You can buy water kefir grains [here](#).

