

Peach and Ginger Water Kefir

Number of Servings: 4

Ingredients

1-L fermented water kefir strained

1 medium size peach washed and cubed. My favourite variety is White Lady when I can get them.

1-2 tsp grated fresh ginger (I love ginger so use 2 tsp)

2-tbsp organic sugar or honey

2-L wide mouth jar for infusing the fruit and ginger

1-L flip top bottle or mason jar with BPA free plastic lid for storing the finished drink.

NOTE: Water kefir can become over carbonated quickly so only use proper brewery bottle flip top lids. The plastic mason jar lids will allow some air to escape, which will not let it get as fizzy, but will prevent it from exploding. Never use other air tight lids, or cheaper flip tops like Ikea version, as they may explode...yes, it has happened to me!

Instructions

In a large wide mouth glass vessel, place the diced peaches, ginger and sweetener of choice. Pour 1-L of fermented and strained water kefir over the fruit and cover with a cloth and secure with elastic band.

Let ferment at room temperature for 12-24 hours depending on how peachy and gingery you like it. The longer it ferments the less sweet it becomes.

Strain the liquid into a pitcher that is easy to pour from. If using a 1-L brewery bottle, place a funnel into the top before pouring the strained liquid into the bottle. Secure the flip top and let sit again on the counter for 8-12 hours or overnight.

Refrigerate before opening, or it will likely foam all over the place :)