

Raspberry Water Kefir

Number of Servings: 6

Ingredients

1-L fermented water kefir strained
1 cup fresh or frozen raspberries
2-L size glass jar for them to steep in
Lint free cloth and rubber band for the top
Funnel is very helpful for poring into the bottle
1-L brewery bottle with flip top
1-Tbsp organic sugar to increase the fizz

Instructions

Strain out water kefir and place into a glass jar that is larger than what you need to accommodate for the raspberries.

Add the fresh or frozen raspberries and cover with cloth and secure with rubber band.

Let sit on counter for 4-6 hours or even overnight. I use the back of a wooden spoon to smooch the berries to get even more juice from them.

Strain out the raspberries (if you leave them in, they can get stuck in the bottle and they also go slimy over time)

Place funnel into the top of bottle

Add 1-Tbsp of sugar

Let sit on counter for 12 hours then refrigerate.

DO NOT open this until after it is fully refrigerated as it can shoot out like champagne if it is room temperature :)

Pour the liquid into a 1-L brewery bottle with flip top