

Coconut Kefir

Ingredients

2 14oz cans full fat coconut milk (do not use lite)

1 packet Body Ecology Kefir Starter

About the Kefir

This is a very popular recipe. If you're a yogurt eater, switch to the kefir. The organisms repopulate in your gut. Typical yogurt bacteria runs right through you and you poop it out before it populates.

The good bacteria and yeast in the kefir is supportive for your digestive tract. The bacteria make biotin, folate, and vitamin K2, which protect your cells from damage, nourish your brain, and support your bones. The beneficial yeasts in kefir help to reduce intestinal inflammation.

The following bacteria and yeast are especially good at passing through the acid stomach environment and taking up residence in your intestinal tract, which is not true for many types of probiotics. Often they pass right through:

- Bifido Lactis
- Lactobacillus Plantorum
- Saccharomyces Boullardi

This is one reason I recommend the Body Ecology brand. They've chosen very effective bacteria and yeast for their culture starter.

Instructions

Pour the coconut milk into a glass jar. A mason jar works great.

Sprinkle the starter culture into the coconut milk and then stir until completely combined. Try not to leave any lumps of culture.

Cover the jar with a cloth or paper towel and secure with a rubber band.

Leave the jar on the counter for 2-7 days. The kefir will finish quicker in a warmer room. You'll know it's done when it smells sour and no longer smells at all sweet.

Once done, remove the towel and rubber band and cover it with an airtight lid.

Don't shake or stir!

Store in the fridge up to a week.

Use about 1/3 cup of this kefir to "start" your next batch *instead of* using another packet of starter culture. You can repeat this about 6 times, and then return to using packets again.

If you see fungus growing on top, you can either eat it or scrape it off and throw it away. It doesn't mean the whole batch is ruined!

If this is a new food for you, start with only a tablespoon per day. Slowly increase how much you eat. If you experience gas, bloating, diarrhea... back off for a few days. The good bacteria will kill off some bad bacteria. Some people need to ease in very slowly. Others can eat a lot right away.