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Milk kefir, second fermentation, cream cheese  
*Fermenting Vol 3 Milk Kefir*

It's made by adding kefir grains to milk (or  
many other non-dairy liquids) and letting it  
ferment for 24 to 48 hours at room  
temperature. The end result is a tasty  
beverage the consistency of thin yogurt that  
can be consumed on its own or mixed with a  
number of other ingredients to make delicious  
probiotic foods and beverages.

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Ferment at room temperature for 12 to 24 hours. Strain out the milk kefir grains and transfer them to a new container of milk. Add the cinnamon stick to the fermenting vessel. Place a tight lid on the container and let ferment for another 12 to 24 hours.

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3 cups of organic milk. Put the kefir culture in the glass jar, then fill it with fresh milk. Cover the jar with a cloth or put the lid on the jar. (If you use a lid don't fill the jar above two thirds or use a jar with a rubber gasket that will let any pressure escape.)

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Place the kefir in a jar with a lid. Take the prebiotic item you want to ferment with (choose from items below or experiment) and

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place it in your jar with your kefir.  
Remember, less is more. Too much fruit can  
cause your kefir to separate and taste  
bitter.

*Second Ferment Your Kefir - Your Taste Buds  
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Johnson ...*

So, I drained the milk kefir, start a new  
batch. I take the strained milked kefir,  
place in my Vitamix, add four frozen  
strawberries (Costco's large bag) and then I  
add 2 tablespoons Chia seeds that have been  
soaked in Almond Milk, blend well. Transfer  
to a Masonry jar and do a second ferment.  
Comes out just like a Strawberry Smoothie -  
thick ...

*Can I ferment milk using just kefir whey? :  
Kefir*

Fermented milk products or fermented dairy  
products, also known as cultured dairy foods,  
cultured dairy products, or cultured milk  
products, are dairy foods that have been  
fermented with lactic acid bacteria such as

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Lactobacillus, Lactococcus, and Leuconostoc. The fermentation process increases the shelf life of the product while enhancing its taste and improving the digestibility of its milk.

## *Fermented milk products - Wikipedia*

Once your kefir grains have rehydrated and you have made a few batches of kefir they may start to get bigger and you start to wonder what are they made of. Kefir grains are made of polysaccharides, proteins and lipids inhabited by various bacterial and yeast species in a symbiotic relationship providing a wide variety of vitamins and minerals.

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