

Water Kefir Chart

Container Size	Grains	Sugar	Water*	Minerals (optional)
Quart	1/4 Cup	1/4 Cup	3 -1/2 Cups	1/2 Capful
1/2 Gallon	1/2 Cup	1/2 Cup	7 Cups	1 capful
Gallon	1 Cup	1 Cup	14 Cups	2 capfuls

**After adding in the grains and sugar the amount of water may vary slightly*

Secondary Fermentation/ Kefir Soda

Water Kefir	Fruit Juice
4 Cups	1 Cup
8 Cups	2 Cups
16 Cups	4 Cups



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