

BUBBLY WATER KEFIR SODA

5 Refreshing Recipes for Summer



LISA BASS

Farmhouse on Boone

Learning how to make water kefir may sound intimidating, but it is actually a very simple process, and the reward is growing healthy bacteria right in your own kitchen.

Probiotics have been all the buzz for several years now.

Ten years ago you may have only heard the term “gut health” thrown around by in-the-know west coast Yoga types, but nowadays you’re likely to hear it coming out of your grandma’s mouth.

These things may just seem like a trendy fad, but there is actually some serious science backing up the hype.

There are good guys in your gut and there are bad guys.

God put the bad guys in there, so they could break down your body at death (not the happiest topic, but it's true). They were meant to be there in small quantities and the good guys were supposed to proliferate and make a healthy body.

Well, in our modern world of stress, sugar and processed foods those bad guys get out of balance and all kinds of bad things begin to happen.

“Leaky Gut Syndrome” happens when there are literally holes in the gut lining.

Food leaks into the blood stream, where it does not belong, and you experience minor symptoms like bloating and gas, major symptoms like depression and cancer and everything in between.

Probiotic supplements are excellent and everyone should be on a good one (not just any old probiotic you find at Walmart), BUT it isn't the entire answer to the problem. To create a diverse inner ecosystem you'll want to introduce many different strains of good bacteria.

Sauerkraut. Milk Kefir.
Homemade Yogurt.
Sourdough. Kombucha.

So, why take the extra effort to make your own fermented foods at home?

Yogurt and kefir from the store just don't cut it. They are fermented for a very short amount of time and by the time you get it from the store it was probably already made weeks ago. The good bacteria are most certainly dying off by this point.

Plus, they are almost always filled with sugar and made with non-organic milk.

When you make fermented foods at home, they are teeming with good bacteria, and can help repopulate your gut with the good guys.

You have likely fermented them for days, or even weeks for some ferments, so they are going to help your body significantly more than that store bought yogurt.

One of my most favorite fermented drinks is water kefir.

The process is as simple as adding water kefir grains to sugar water. The healthy bacteria in the grains consumes the sugar and produce more "good guys."

What's left is homemade water kefir, a probiotic rich drink!

Now, you could just stop right there and enjoy the fermented drink, but I like to take it one step further and do a second fermentation, in a Grolsch flip top bottle, to create carbonation. This makes a delicious water kefir soda.

*Before we get into the recipes, I do want to offer one word of caution. The fermentation process can create some pretty extreme carbonation, when left to ferment in bottles with airtight lids, such as the Grolsch style bottles I recommend.

I have been fermenting for a pretty long time and have only experienced bottles busting once or twice.

To prevent this from happening, never leave your ferments out for more than 72 hours. Make sure to open the bottles every 24, or so, to make sure it doesn't pop up with force. In the summer, if your house is around 80 degrees, you may want to check every 12.

Also, open the tops slowly because sometimes it comes out with force. (After we opened a bottle one time that spewed out all the way to the ceiling, we started opening our ferments outdoors.)

After the second fermentation has reached your desired level of carbonation, pop the bottles in the fridge. The fermentation process stops at such a low temperature.

You will notice in the following recipes that I don't add any extra sugar in the second ferment when using juices. They have plenty of sweetness for the gut-healthy probiotics to feed on. For lower sugar additions, like lemon, lime and ginger, I add a little sugar to create higher carbonation levels. This added sugar should be completely consumed by the probiotics but if you are worried about it you can omit it.

For more detailed instructions on making water kefir visit the written and video instructions on the blog:

HOW TO MAKE HOMEMADE WATER KEFIR SODA

Also, check out a few of my other fermenting tutorials:

HOW TO MAKE MILK KEFIR

HOW TO MAKE YOGURT IN THE INSTANT POT

Please note that each recipe makes two 16 ounce bottles. Make sure to leave about an inch of head space before closing the flip top cap.

When making water kefir soda, I like to use 1/4 cup juice per 16 ounce flip top bottle. So, if the recipe calls for 1/2 cup juice, make sure to split it evenly (1/4 cup per) between the two bottles.



Let's get into the recipes!

GINGER ALE

INGREDIENTS

- 3.5 cups fermented water kefir
- 1 inch piece of ginger root, peeled and sliced
- 2 teaspoons organic brown sugar

INSTRUCTIONS

Divide fermented water kefir, ginger and brown sugar between two Grolsch flip top bottles. Cap the bottles and give them a little shake. Allow them to ferment for 12 to 48 hours, depending on the temperature in your home. Once the desired level of carbonation is reached, pop them in the refrigerator and serve cold.

LEMON LIME

INGREDIENTS

- 3.5 cups fermented water kefir
- 1/4 cup lemon juice
- 1/4 cup lime juice
- 2 teaspoons organic brown sugar

INSTRUCTIONS

Divide the fermented water kefir, lemon juice, lime juice and brown sugar between two Grolsch flip top bottles. Cap the bottles and give them a little shake. Allow them to ferment for 12 to 48 hours, depending on the temperature in your home. Once the desired level of carbonation is reached, pop them in the refrigerator and serve cold.

POMEGRANATE

INGREDIENTS

- 3.5 cups fermented water kefir
- 1/2 cup pomegranate juice

INSTRUCTIONS

Divide the fermented water kefir and pomegranate juice between two Grolsch flip top bottles. Cap the bottles and give them a little shake.

Allow them to ferment for 12 to 48 hours, depending on the temperature in your home. Once the desired level of carbonation is reached, pop them in the refrigerator and serve cold.

ORANGE CREAM

INGREDIENTS

- 3 cups fermented water kefir
- 1 cup orange juice
- 1 teaspoon vanilla

INSTRUCTIONS

Divide fermented water kefir, orange juice and vanilla between two Grolsch flip top bottles. Cap the bottles and give them a little shake. Allow them to ferment for 12 to 48 hours, depending on the temperature in your home. Once the desired level of carbonation is reached, pop them in the refrigerator and serve cold.

GRAPE SODA

INGREDIENTS

- 3.5 cups fermented water kefir
- 1/2 cup grape juice

INSTRUCTIONS

Divide the fermented water kefir and grape juice between two Grolsch flip top bottles. Cap the bottles and give them a little shake.

Allow them to ferment for 12 to 48 hours, depending on the temperature in your home. Once the desired level of carbonation is reached, pop them in the refrigerator and serve cold.

Enjoy your homemade water kefir soda!

For more detailed instructions on making water kefir, and sources for the supplies, visit the [written](#), and [video](#), instructions on the blog:

HOW TO MAKE HOMEMADE WATER KEFIR SODA