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Fermented Raw Kefir Recipe

(No starter needed)

Ingredients:

- ☞ 2 tablespoons of *Premier Agri-Tonik* per quart jar
- ☞ 1 quart raw organic milk per jar

Directions:

1. Mix all ingredients together.
2. Cover with cheese cloth and rubber band.
3. Please near consistent, warm source (such as food dehydrator or yogurt maker) for 24 hours. Kefir is then ready to eat.
4. After the 24 hour prep time, refrigerate kefir.

We suggest 3 – 4 ounces daily. You may strain the kefir if you are lactose intolerant.