THE ULTIMATE KEFIR GUIDE

www.KefiranHealth.com

Kefir Recipes, Facts, History, Uses, Nutritional Data, Tips, Tricks and more

KEFIRAN™
Kefir Joins The Super Food Club!

Think of super foods and most likely you will have images of broccoli, nuts, quinoa, yogurt and berries flash through your mind. But wait, there is a new entrant in the super food club and it goes by the name of kefir.

Though kefir has already caught the imagination of fitness enthusiasts and celebrities, it is still relatively unknown to the public at large. And what could be the reason for the near-obscurity of such an amazing natural and wholesome food?

It is simple: So far, kefir has neither been marketed aggressively in terms of information nor has it been made widely and easily available in the shelves of local grocery stores. You may spot it the health and diet aisles of upscale supermarkets.

So, What Exactly is Kefir?

Kefir is a 100% natural, probiotic, nutrient-rich and fermented drink. It has some resemblance to low fat yogurt or even thinned buttermilk. It may be made from out of dairy milk but kefir is neither buttermilk nor is it yogurt. Kefir tastes very different from the two products as it carries a mildly tangy flavour and has an effervescent texture. In other words, kefir is a completely different product. In fact kefir can also be made from plant-based sources like soy milk, rice milk, coconut water or even almond milk!

Traditionally, kefir is a drink that is got from fermenting milk of cow, goat, sheep or even camel. The milk is fermented using what is known as kefir grains. Kefir grains are not really grains but actually a coarse-textured substance that resemble shredded cauliflower and are made of yeasts and lactic acid bacteria along with proteins, lipids and sugars! Once kefir grains are added to the milk and stirred, the milk is covered and allowed to stand at room temperature for a period of 24 hours. The resultant product that looks frothy, mildly effervescent and tastes slightly sour is kefir. Of course, kefir grains can also be used to ferment soy milk, almond milk, rice milk or even coconut water!

At this point you may be wondering what it is about kefir that makes it a super food? To start
with and true to the definition of a super food, kefir is an unprocessed, natural food that has a great nutritive profile and confers immense benefit upon regular consumption by keeping the consumer Healthy.

The other reason kefir is being considered a super food by the discerning few is that with rise in general consumer curiosity, there has been a corresponding spike in the number of studies conducted by teams of scientists and dieticians, and here is why they would include kefir in the super food list:

- Kefir is a rich in calcium and phosphorus, and high lean protein content.
- Kefir is a great source of tryptophan.
- The bioactive compounds (healthy bacteria) found in kefir help develop and maintain a healthy gut flora and good digestion.
- Those who are lactose intolerant or are vegan can also benefit from consuming kefir made out of plant sources such as soy, rice, coconut, almond etc.

As if all that was not enough look at what consuming 100 grams of low-fat, plain kefir delivers to you:

**Kefir Nutrition Profile Values**

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<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Fat</td>
<td>1 grams (approx)</td>
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<tr>
<td>Protein</td>
<td>5.8 grams</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt; 4 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>52 grams</td>
</tr>
<tr>
<td>Potassium</td>
<td>167 grams</td>
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<tr>
<td>Dietary Fiber</td>
<td>1.3 grams</td>
</tr>
<tr>
<td>Polysaccharides</td>
<td>3.5 grams</td>
</tr>
<tr>
<td>Calcium</td>
<td>13% of RDA</td>
</tr>
<tr>
<td>Magnesium</td>
<td>12 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>4% of RDA</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2% of RDA</td>
</tr>
</tbody>
</table>

Kefir also offers a range of essential amino acids such as phenylalanine, tyrosine, leucine, cysteine, methionine, lysine and valine. It also has small quantities of iron, magnesium, molybdenum and zinc!

You can now see why including kefir to your regular diet may be the best thing you do for your health this year!
KEFIRAN™
The Best of kefir in a veggie capsule

- No Dairy
- No Lactose
- No Gluten
- Vegan

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Find KEFIRAN
**Wholesome Home-made Kefir**

**Serving Size:**
Makes 2 cups of Kefir

**Ingredients**
2 cups of full-cream Milk (cow, sheep, goat) and 2 tbsp Kefir grains

**Instructions**
- Place Kefir Grains in a glass jar; Pour milk into jar; Stir with wooden spatula. Seal jar with a tight lid.
- Place jar in an undisturbed place for 24 hours.
- Place a stainless steel strainer over a medium-sized bowl.
- Pour kefir through the strainer; use a wooden spatula to get liquid out of grains in strainer.
- The strained and collected fluid is the Kefir!

**Kefir sets best undisturbed at about 70 degrees Fahrenheit.**

**You can use the kefir grains again in the next batch or simply store them in the fridge until you need to make a fresh batch!**

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**Kefir Peanut Butter Chocolate Smoothie**

**Lip-Smacking Peanut Butter Chocolate Smoothie**

**Ingredients**
- 1 cup Kefir
- 3 tbsp Peanut Butter
- 1 chopped Banana
- 1 tbsp natural Honey (optional)
- 1 tbsp Cocoa Powder

**Instructions**
Place all ingredients in the blender and blend till smooth. Relish chilled!

**What could be a more prudent way to counter a sweet craving at mealtimes when on a diet than to have a chilled serving of Kefir smoothie that has the goodness of banana, peanut butter, honey and kefir!**
Delectable Banana Kefir Pancake

**Ingredients**
- 1-1/2 cup Kefir
- 1-2/3 cup All Purpose Flour
- 2 medium ripe Bananas
- ½ tsp Baking Powder
- ½ tsp Baking Soda
- ½ tsp Cinnamon Powder
- ¼ tsp Nutmeg Powder
- 2 tsps Honey
- A dash of Salt
- 1 tsp Vanilla Essence
- 3 tbsp Blueberries or Chocolate Chips (optional)

**Instructions**
- In a small bowl, mash the ripe bananas.
- Add in the Kefir, Vanilla Essence and Honey.
- In a large bowl, combine Flour, Baking Powder, Baking Soda, Salt, Cinnamon Powder and Nutmeg Powder.
- Fold the wet ingredients into the large bowl, to make a coarse mix. (Do not overdo the mixing)
- Heat a lightly greased skillet on moderate flame.
- Pour ¼ cup batter over it; Brown each side.
- Serve hot!

Savoury Kefir Pasta Salad

**Servings**
Serves 4 (as side dishes)

**Ingredients**
- ¼ cup Kefir
- 200 gms Durum Wheat Pasta
- 3 tbsp Mayonnaise
- 2 tsp Dried Dill
- ½ cup Peas, boiled
- ½ cup Corn, boiled
- 3 Garlic Cloves, crushed
- ½ tsp Salt
- ¼ tsp Pepper powder
Instructions
- Cook Pasta, drain water and set aside.
- In a large bowl, combine the Kefir, Garlic, Dill, Salt, Pepper and Mayonnaise.
- Add in the cooked Pasta, Peas, and Corn. Toss until evenly coated with sauce.
- Store in fridge or enjoy immediately!

Exotic Kefir Vinaigrette

Ingredients
- 2 tbsp Kefir
- 2 tbsp extra virgin Olive oil
- 1 tbsp Apple Cider Vinegar
- ½ tsp Honey
- ¼ tsp Garlic Powder

Instructions
Mix all the ingredients in a bowl till they are well blended.

Using And Storing Tips!
- You may use the vinaigrette so prepared immediately, as a dressing on salad or as a cold sauce or even as a marinade for roasted and grilled chicken.
- For larger quantities of vinaigrette, you may increase ingredient ratios by 3 or 4 times.
- Kefir vinaigrette stores well in a glass jar with a tightly closed lid kept in the fridge for up to a week.
- You may add fresh herbs before using it after the first day!
**Tasty Kefir-Topped Baked Potato**

**Ingredients**
- 1 Russet Potato
- 1 tbsp Oil
- A dash of Salt
- 1/8th cup Kefir
- Any Other Topping (as desired)

**Instructions**
- Preheat oven to 350 degrees Fahrenheit.
- Wash and pat dry Potato; Poke with a fork all around to allow steam to escape.
- Lightly spray oil on Potato; place on baking tray.
- Bake for 1 hour.
- Take out and cool Potato on rack for 10 minutes.
- Cut Potato length-wise, fluffing it slightly
- Spoon on the Kefir and other toppings.
- Serve immediately

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**Delicious Kefir Oat Muffins**

**Serving Size:**
Makes a dozen muffins

**Ingredients**
- 1 cup Kefir
- 1 cup Instant Oats
- 1 whole egg, beaten
- ¼ cup melted Butter
- ½ cup light brown Sugar
- 1 cup All Purpose Flour
- 1 tsp Baking Powder
- ½ tsp Baking Soda
- ½ tsp Salt
- ½ tsp Cinnamon Powder
- 1/8 tsp Nutmeg Powder
**Instructions**
- Preheat oven to 375 degrees Fahrenheit.
- Place the muffin holders in grooves on tray. Set aside.
- In a small bowl, let oats soak in kefir for 15 minutes.
- In another medium-sized bowl, mix melted butter, sugar and eggs.
- On a plate/dish, mix the dry ingredients: flour, baking powder, baking soda, salt, cinnamon and nutmeg powder.
- Add these mixed dry ingredients to the blend of melted butter, sugar and eggs. Blend coarsely with spatula.
- Add the soaked oats and kefir to the blend.
- Blend the batter roughly till moderately homogenous.
- Fill muffin grooves in tray with prepared batter.
- Bake for 15 minutes.
- Muffins are done when a toothpick inserted to the center of a muffin comes out clean.

**Serving Tip:**
If made ahead, the oat muffins will serve beautifully as a quick weekend breakfast or a healthy mid-day snack!

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**Mouth-watering Kefir Chocolate Cupcakes**

**Serving Size:**
Makes a dozen cupcakes

**Ingredients**
- 1 cup Kefir
- 1-1/3rd cup Flour
- 2 whole Eggs, beaten
- 1 cup Sugar
- ½ cup Cocoa
- 1 cup Chocolate Chips
- 1 tsp Baking Powder
- 1 tsp Baking Soda
- 3 tbsp Vegetable Oil
- ¼ tsp Salt
- 2 tsp Vinegar
**Instructions**

- Preheat oven to 375 degrees Fahrenheit.
- Line the cupcake grooves with cupcake holders. Set aside.
- Sift the dry ingredients together: Flour, Sugar, Cocoa, Baking Powder, Baking Soda and Salt.
- In a medium-sized bowl, blend Eggs into Vegetable Oil, Vinegar and Vanilla Essence.
- Add in the Chocolate Chips.
- Add the sifted dry ingredient mix into the bowl and blend well with spatula.
- Scoop batter portions into cupcake holders.
- Bake for 35 minutes.
- Cupcakes are ready when toothpick inserted to its center comes out clean!

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**The Kefir ‘Novelty’ And Why You Should Have Kefir On Your Grocery List**

The entire buzz currently surrounding Kefir may make it look like kefir is a recently discovered serendipity in the food industry but to tell you the truth, kefir is really an ancient food that has been around for more than 2000 years! Clearly, the food has stood the test and taste of time, at least in the parts of the world from where it originated. So, it must be good, healthy and wholesome for you, not to mention natural, since there was hardly any processing technology worth mentioning two millennia back!

So why do you think there has been so much recent fuss around such an old food? The reason is fairly simple: Kefir is new; to us here in the United States, Canada and Australia. Kefir was originally made by the local shepherds and village folks who lived in the area around the Caucasian mountains thousands of years ago. Kefir is not new to countries like Russia, Georgia, Azarbaijan, Armenia, Chechnya and even in Turkey, where it is widely consumed even today as a beverage as well as used as an ingredient in some of their local recipes. History texts show that kefir was commonly used as an ingredient in preparing certain foods in the Ottoman Empire!
If kefir is really so old, how come we did not catch on to it earlier? Given the food fads that grab our attention from time to time coupled with the fact that the health and diet food industry is such a big market here in the United States, I see mainly two reasons for kefir not catching the American imagination and it has to do primarily with taste. The other is natural kefir’s shelf life.

You see natural kefir is a fermented and thus a probiotic drink. Kefir grains are added to cow, sheep or goat milk and the milk is then allowed to ferment to

Kefir tastes mildly sour at best; some would even go on to call it tarty, effervescent or say that kefir has a bready-yeastiness about it! But beware, not all kefir tastes the same! If you try kefir made from various milk sources like cow, sheep, goat or camel, you’ll see the flavours do differ. Flavors will also differ according to the temperatures at which milk ferments. Besides, kefir should be used within 2-3 days in cool weather and not more than a week if refrigerated. In other words, natural, organic and kefir that is not adulterated with other chemicals and additives does not carry or store long.
Why You Need Kefir? like yogurt and non-aged cheese, kefir is a probiotic food, that means making kefir involves creating a culture of beneficial bacteria during fermentation that helps your body’s immune system and general health*. Other probiotic foods which are also great for you include miso, kimchi, kombucha tea, sourdough bread, dark chocolates, mozzarella, cottage cheese, ricotta cheese and tempeh to name a few. Consuming probiotics regularly and moderately is a good thing!

Second, kefir is so good for your bones and teeth and here’s why: If you pour yourself just 3/4th of a mug of kefir, you are meeting 20% of your daily dietary calcium requirement! So much in so less, could one ask for a better way to deliver goodness to the bones?

Then there is protein with which kefir is loaded. If you serve yourself just 100 grams of kefir it will deliver 6 grams of high quality, lean protein and this translates to about 20% of your daily recommended protein intake. Such high quality protein will have two other benefits – One, it will keep you feeling fuller for longer and two, it will help you develop lean muscle very effectively and quickly!

Low, low and low on calories: 100 grams of low fat kefir will keep you low on the calorie count – it will give only 48 calories and so you can fit in more of other foods in the day if you are watching your total calorie intake.

Next, dietary phosphorus. Kefir, is an amazing source of phosphorus so important to your body. Do you know that a single serving of kefir will deliver as much as 140 mg of dietary phosphorus!

Next: Compounds in kefir help cleanse intestines and also help with bowel movement by promoting the growth of beneficial bacteria.

Kefir can easily be substituted in place of milk as a much healthier alternative. You can make kefir-based smoothies and use kefir in baking cupcakes and muffins. You could also use kefir to dress roasted chicken and potatoes.

There’s one more thing that goes as a plus for kefir and that is you can make your own kefir at the comfort of your home. If you find commercially prepared kefir harsh on the pocket, find it
hard to run to the grocery store just for kefir or just plainly because you want to control the quantities you buy and consume or have a say in the preparation hygiene levels, there is always the option of making kefir at home. Making kefir is low tech, no frills and really easy to do!

Then there is kefir for the lactose intolerant. Just because you cannot hold down milk and milk products does not mean you will have to pass up the health benefits kefir offers. Kefir can also be made from soy milk, almond milk, rice milk, coconut water. Go vegans!

So, have you put kefir on your grocery list today?

This immensely handy ebook serves you several amazing recipes on the platter, all of which use super food kefir and trying out these recipes can start you in the path of eating healthy and remaining fit!

With so many new, practical, easy tips and recipes that encourage you to start 2015 on a healthy note, we sincerely hope that you do try some of the cues in this amazing kefir ebook and begin your journey of living a lifetime of all that’s healthy! Bon appétit!
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Supplement Facts
Serving Size: 2 Capsules
Servings per Container: 30

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount per Serving</th>
<th>%DV</th>
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<tbody>
<tr>
<td>Kefiran (from fermented Non-GMO rice)</td>
<td>20mg</td>
<td></td>
</tr>
<tr>
<td>Probiotic Cultures Blend</td>
<td>50 Billion!</td>
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** Daily Value (DV) not established. * At time of manufacture.

Other Ingredients: Microcrystalline cellulose, Vegetable Capsule (vegetable fiber and water). Store in a dry place at 72°F or below. Best if refrigerated.

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www.kefiranhealth.com/store/

Coupon redeemable at www.compassionet.com only. Limit one-time use only. Not valid of previous orders. May not be combined with any discount, coupon or VIP. No cash redeemable.

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