



4 servings



24-hours



holy basil water kefir

ingredients:

- 3 tablespoons water kefir grains*
- 7 tablespoons Sucanat unrefined sugar
- 5 dried dates
- 1/4 cup fresh holy basil OR 3 tablespoons dried holy basil

*Buy water kefir grains on Etsy or get them from a friend who is making it!

instructions:

1. In a quart-sized mason jar, add the water kefir grains, 3 tablespoons sugar, and a dried date.
 2. Fill with room temperature water and cover with a metal lid. Let sit for 24-hours.
 3. The next day, strain out the liquid into a second quart-sized mason jar, keeping the water kefir grains in the strainer.
 4. In that second quart jar, add the holy basil and 3 dates. Screw a metal lid on tightly.
 5. Add the water kefir grains back to that first jar and top with 3 tablespoons of sugar, a date and fill with room temperature water.
 6. Wait another 24-hours and repeat the whole process.
- If you build up your stock of grains, store them in the fridge with a little bit of sugar and then take out of the fridge and start with step 1 again.

The cuisine of health

- Holy Basil helps your body adapt to the stresses of life. It...
 - brings in clarity & focus
 - supports healing of head traumas & PTSD
 - balances blood sugar
 - strengthens the immune, endocrine & nervous systems
 - fights oxidative stress.

water kefir...

- boosts gut health
- decreases inflammation
- increases immune health
- helps in absorption of nutrients