

Keifer Workshop

INSTRUCTOR: LAURA DOWNING, MS NUTRITION AND
EXTENSION MASTER FOOD VOLUNTEER



Come learn how to make milk kefir, a cultured, probiotic dairy beverage similar in taste and texture to yogurt. Making your own kefir is a quick (only 5 minutes a day) and very cost-effective way to enjoy one of the most potent probiotic drinks. We will also learn how to thicken kefir, how to make delicious kefir cream and butter, and experiment with the many uses of curds and whey, including kefir cheese and lacto-fermented vegetables. You will go home with all the knowledge and supplies you need to make your own kefir and kefir products. No experience required.

Thursday, December 7, 2017
1:00-3:00pm or 5:30-7:30pm
Madison County Extension Center
COST: \$25

Pre-registration is required. Please call Madison County
Cooperative Extension at (828) 649-2411 or
email: Sue_Estridge@ncsu.edu