**Milk Kefir vs Water Kefir**

**Milk Kefir**is made with cow/goat milk, or [coconut milk](http://www.culturesforhealth.com/coconut-milk-kefir-recipe). It may also be made with other non-dairy milks.

**Milk Kefir** can be consumed plain, flavored, or as a base for salad dressings or smoothies. It’s a great substitute for buttermilk or yogurt.

**Milk Kefir** tastes like a cultured milk. Well-fermented kefir can have a strong sour or tart taste and can even be a bit carbonated. Shorter fermentation = milder flavor.

**Milk Kefir** grains can be used to inoculate cream to make [cultured butter](http://www.culturesforhealth.com/how-to-make-cultured-butter/) or [kefir cream](http://www.culturesforhealth.com/kefir-cream-recipe). Extra milk kefir grains may be used as [starter culture for fermenting vegetables](http://www.culturesforhealth.com/compare-salt-whey-starter-culture-ferment-vegetables-fruits-condiments). Extra milk kefir can be used for [sourdough](http://www.culturesforhealth.com/how-to-use-kefir-sourdough/) or to [soak flour before baking](http://www.culturesforhealth.com/benefits-soaking-grains-flours-cultured-dairy/).

**Milk kefir** contains calcium and magnesium in high amounts which are absent in water kefir.

**Milk Kefir** is a better pick for those with candida, as water kefir can be too sweet if not fermented long enough.

**Milk kefir** is higher in probiotic potency and variation. It contains **30-50 strains of good bacteria and yeasts**

**Water Kefir** is made with sugar water, fruit juice, or [coconut water](http://www.culturesforhealth.com/coconut-water-kefir-recipe/).

**Water Kefir** is flavored and consumed as a replacement to soda pop and juice. Its a great base for [smoothies, popsicles, fruit gelatin desserts, and more](http://www.culturesforhealth.com/water-kefir-recipes)

**Water Kefir** tends to have a sweet, slightly fermented flavor. Most people prefer flavored water kefir.

**Water Kefir** can be added to non-dairy milk to make a non-dairy kefir (use ¼ cup water kefir in 2-3 cups non-dairy milk). Extra water kefir grains may be used as [starter culture for fermenting vegetables](http://www.culturesforhealth.com/compare-salt-whey-starter-culture-ferment-vegetables-fruits-condiments). Extra water kefir can be used as a booster for making [gluten-free sourdough starter](http://www.culturesforhealth.com/art-of-gluten-free-sourdough-baking)

**Water Kefir** does not contain *Streptococcus thermophilus*, contraindicated for those with autoimmune diseases.

**Coconut water kefir** will be rich in potassium and enzymes and contains sulphurated proteins that assist the body in cleansing.

**Water kefir** contains microbes that consume the simple sugars so doesn’t add to blood sugar fluctuations or feed sugar cravings.

**Water kefir** contains10-20 strains of good bacteria & yeast.

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