

Taste Test: Kefir



Kefir is a dairy product similar to yogurt. It is made from milk and is fermented with belly-friendly bacteria and yeast. It has a texture that is quite different from other dairy products. The combination of the milk, bacteria, and yeast gives it a chunky texture. It looks a bit like cauliflower when the liquid is drained.

Food Fact

Kefir is a good source of calcium so it can help you grow strong bones and teeth.¹ It is also a good source of protein that contains probiotics – bacteria that are good for your digestive system.

How to Choose:

- Kefir is found in most grocery stores in the yogurt or milk aisle.
- Look at the best-before date. The package will tell you how long it lasts once it is open (usually 1 week).

How to Prepare:

- Check out the recipe on the next page.

How to Store:

- Kefir is stored in the refrigerator, just like milk and yogurt.

Note:

Canada's food guide recommendation:

- Choose plant-based protein foods more often because plant-based protein has more fibre and less saturated fat than other types of protein foods.

I Tried It!

My Rating (circle one):



Would you like to try kefir again?

YES NO

Ideas for Serving Kefir:

- Kefir is great in smoothies, with fruit or as the star ingredient in a salad dressing.
- Make delicious and nutritious breakfast if you combine it with fresh whole grain granola and fruit.

Okroshka (Cold Summer Soup)

Makes 4 servings

Ingredients:

- 1 boiled potato, cubed
- 3 hard boiled eggs, cubed
- 1 cup radishes, thinly sliced
- 1 cup scallions, thinly sliced
- 1 large cucumber, halved, seeds removed, diced into cubes
- 1 cup fresh dill, finely chopped
- 2 cups 1% kefir
- 3 Tbsp lemon juice
- Salt to taste



Directions:

1. Thinly slice radishes using a sharp knife. Arrange slices in small stacks on your cutting board. Thinly slice the stacks of radish to make thin matchsticks.
2. In a large bowl, combine boiled potato, hard cooked eggs, radish, scallions, cucumber, and dill. Pour kefir over mixture, add lemon juice and stir well to combine.
3. Refrigerate and serve when ready.

Recipe adapted from <https://food-guide.canada.ca/en/recipes/okroshka-cold-summer-soup/>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.

¹Dietitians of Canada. Food Sources of Calcium.

<http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Osteoporosis/Food-Sources-of-Calcium.aspx> Accessed August 9, 2012.

²EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx. Accessed July 20, 2012.