Coconut Water Kefir

- 50 ozs (1/5 litres) coconut water
- 1/4 cup water kefir grains
- 1/2 an organic unwaxed lemon

1. Combine all the ingredients in a clip top jar and leave in a warm place for 2 to 3 days with the lid on.

2. Transfer to a bottle, seal and leave at room temperature for 2 to 4 days to get fizzy.

3. Make sure you 'burp' the bottle twice a day so it doesn't explode, and then put it into the fridge and drink as needed.

4. Optionally, add 1 cup of fruit juice, or chunks of fruit of your choice. Leave for a further 2 to 3 days, releasing the gas once a day. If you used fruit chunks, strain off the fruit before placing in the fridge.