



Sabawaelnu

Strawberry Cool

Ingredients

- 2 Cups frozen strawberries
- 1 ½ Cups Water Kefir (or sub water)
- 2 tablespoons lemon juice (or sub lime)
- Sweetener of Choice

Strawberries! This refreshing beverage is an elven adaptation of strawberry juice, loved by many native otherkin. The Seelie Court maintains a strong friendship and alliance with the spirits, little people, and half-people of North America. Thanks to that alliance, the fairy of the Seelie Court enjoy many North American foods and beverages, including strawberries and water kefir.

Water kefir is a fermented beverage similar to kombucha. Unlike kombucha, water kefir is not made with tea, but with water, sugar, and kefir grains. Kefir grains are small clusters of bacteria and yeast living together in a symbiotic relationship. They look like small crystals, but feel soft and gelatinous. When added to water with sugar, they break down the sugar and carbonate the water. This process creates a light, sweet, fizzy beverage.

Elves, fermenting enthusiasts, include water kefir in this strawberry drink to increase its health benefits. If you cannot purchase water kefir, you can always buy kefir grains and make your own at home! However, if you are sensitive to fermented foods or don't have access to water kefir, water works just fine with this recipe!

Instructions:

In a high-powered blender add the strawberries, water kefir (without the grains. If this is your first time making water kefir at home, strain the grains out to make more water kefir later ^_^), lemon juice, and sweetener of your choice. Blend until everything is nice and smooth.

Pour into a glass and serve!

This recipe has enough for two small glasses or one big one with extra.

Sweeteners: Sugar, agave nectar, or stevia. Experiment with the sweetness till you find your perfect flavor. I recommend starting with one spoonful of sugar or agave nectar (or 5-10 drops of stevia, depending on the brand) and adding more in small amounts till it tastes just right. Best to under-sweeten than over!

Notes: Water kefir is not the same as milk kefir. Water kefir is believed to have originated in Mexico. Thanks to trade, water kefir has become a favorite beverage among the elves of the Seelie Court.

