What is Kefir?

Kefir is milk that has been fermented with something called kefir grains. Kefir grains contain lactic acid bacteria and yeast, along with a bit of fats, proteins, and sugars. Once it has fermented, kefir is ready to eat. It comes in drinkable milks or spreadable creams, and both are rich tasting with a hint of sourness. Try it in a smoothie, over oatmeal, or as a fruit dip!

Kefir can be traced back to the mountains of Eurasia. According to the article, *Kefir: a multifaceted fermented dairy product*, kefir “has long been popular in Eastern Europe for its purported health benefits, where it is routinely administered to patients in hospitals and recommended for infants.”

What Are Kefir’s Health Benefits?

Kefir is pretty new to the American food scene, so most studies are rather preliminary. That said, their results are promising.

The article, *Review: functional properties of kefir*, maintains that the health benefits of kefir include stimulating the immune system, lowering cholesterol, fighting carcinogens, and reducing the symptoms of lactose intolerance.

In fact, *Kefir and health: a contemporary perspective*, asserts that “Antimicrobial activity, better gut health, anti-carcinogenic activity, control on serum glucose and cholesterol, control on lactose intolerance and better immune system can be achieved through […] regular consumption [of kefir].”

Try it and see for yourself!