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It's made by adding kefir grains to milk (or many other non-dairy liquids) and letting it ferment for 24 to 48 hours at room temperature. The end result is a tasty beverage the consistency of thin yogurt that can be consumed on its own or mixed with a number of other ingredients to make delicious probiotic foods and beverages.

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Ferment at room temperature for 12 to 24 hours. Strain out the milk kefir grains and transfer them to a new container of milk. Add the cinnamon stick to the fermenting vessel. Place a tight lid on the container and let ferment for another 12 to 24 hours.

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