



HOW TO GUIDE

1. Thoroughly clean the Mad Millie Culturing Flask with hot, soapy water.
2. Fill the culturing flask with hot water (80°C/176°F) to preheat the interior. Place the lid gently on top of the flask (do not screw it down).
3. Follow the instructions in your Mad Millie kit to make 1 L (1 US qt) yoghurt, kefir, skyr, or kombucha.
4. Once the jar is ready for incubation, empty the flask and replace the hot water with approximately 1.5cm of water (40°C/104°F).
5. Put your 1 L (1 US qt) Mad Millie jar into the flask. Seal and leave in a warm place for the time indicated in your instructions.

For best results and to ensure consistent heat throughout the ferment time, remove the jar every 12 hours and re-heat the flask with hot water (80°C/176°F) for 3-4 minutes. Then continue with incubation by repeating steps 4 and 5.