



Naturally Fermented Probiotic Ginger Ale

A bright, spicy, naturally fizzy drink loved by kids and adults alike.

YIELD
About 2.5-3 L

FERMENT
Usually 2-4 days

STORE
Refrigerate; enjoy within 1-2 weeks

1. Start and Maintain Your Ginger Bug

TO START

- 4 cups filtered or non-chlorinated water
- 1 tbsp finely chopped organic ginger, peel on
- 1 tbsp cane sugar

FEED DAILY

- 1 tbsp cane sugar
- 1 tbsp finely chopped organic ginger, peel on
- Stir well and keep at room temperature, out of direct sun

Ready to use: Usually within several days, when it is consistently bubbly and smells pleasantly gingery and lightly fermented.

2. Make the Ginger Tea

INGREDIENTS

- 12 cups filtered or non-chlorinated water
- 8 tbsp coarsely chopped fresh ginger (about one 4-inch piece)
- 15-20 whole black peppercorns
- 10-12 cardamom pods, lightly crushed
- 1 cup cane sugar

METHOD

1. Add water, ginger, peppercorns and cardamom to a large pot.
2. Bring to a gentle simmer, then cook on very low heat until the flavour is strong. Check the water level and add more if needed.
3. Remove from heat and stir in the sugar until dissolved.
4. Cool completely to room temperature, then strain.

3. Bottle and Ferment

1. Into each clean 1-litre fermentation-safe flip-top bottle, add 1/4 cup active ginger bug liquid.
2. Fill with cooled, strained ginger tea.
3. Add 1-2 tbsp fresh lemon or lime juice.
4. Leave 2-3 inches of headspace and seal.
5. Ferment at room temperature away from direct sunlight. Begin checking after 24 hours; it commonly takes 2-4 days.
6. Once fizzy, refrigerate immediately. Chill fully before opening and open slowly over a sink.

Optional Flavour Additions

ADD WHILE SIMMERING

- Cinnamon sticks
- Whole cloves
- Star anise
- Rosehips

ADD AFTER TURNING OFF HEAT

- Hibiscus
- Mint
- Lavender
- Lemon balm
- Chamomile

Fermentation Safety

- Use clean equipment and bottles designed for carbonation.
- Pressure can build quickly. Monitor bottles closely and refrigerate as soon as they are fizzy.
- Discard the batch if you see fuzzy mould or notice a rotten, unpleasant or otherwise concerning smell or colour.
- Wild fermentation may create a small, unpredictable amount of alcohol.

From the community kitchen at Secret Sanctuary

For educational purposes only. Home fermentation is a living process; use your own judgment and appropriate food-safety practices.

For the full story, seasonal variations and workshop information, visit
www.secretsanctuary.ca/together-we-thrive/my-favourite-probiotic-ginger-ale-recipe-that-even-picky-kids-love