



Kombucha

Ingredients (Makes 1 gallon)

- 4 cups of boiled water (filtered, free of fluoride/chlorine)
- 8 cups of cool water (filtered, free of fluoride/chlorine)
- 2 -3 Tb of loose leaf black or green tea
- $\frac{3}{4}$ cup cane sugar
- 1 SCOBY (symbiotic culture of bacteria and yeast)
- 2 cups kombucha starter (raw, unflavored kombucha)



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Directions

- Bring 4 cups of filtered water to a boil and remove from the heat.
- Add your loose-leaf tea and $\frac{3}{4}$ cup of sugar (stir to dissolve) and let steep for 15 minutes.
- Strain out the loose-leaf tea and add the sweet tea liquid to a 1-gallon glass jar.
- Add 8 cups of cool water to the 1-gallon glass jar to bring the tea's temperature to between 70F – 90F.
- Once tea is cooled, add your 2 cups of starter tea and your SCOBY.
- Cover the jar opening with cheesecloth, a coffee filter, or a clean bandana and secure it with a rubber band.
- Let the mixture sit at room temperature (70F - 85F) for at 1 week.
- After one week, reserve 2 cups of the kombucha tea, and your SCOBY, in a glass jar and place in the fridge.
- Bottle your remaining kombucha to flavor (see tip below) or enjoy (store in the fridge)!

Culinary Tips: Purchase a SCOBY online or get one from a friend. When you purchase it online, it comes with the starter liquid. You will only have to purchase a SCOBY once, even if you want to make multiple batches of kombucha.

If you want to flavor your kombucha, do it **AFTER** the first week of fermentation after you bottle. For directions, google "kombucha secondary fermentation."

Nutrition Tip: Kombucha, while full of probiotics, can be high in sugar. Consume no more than 2-4 oz per day.

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Your Body
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