

# Kombucha

## Ingredients

- 1 SCOBY + 1 cup starter liquid
- 4–6 black or green tea bags
- ½ cup white sugar
- 7-8 C Filtered water
- Fruit, fruit juice, herbs, or spices



## Directions

- Heat 4 cups of filtered water in a small saucepan until boil. Add the tea bags, cover, and turn off the burner. Allow the tea to steep for 15 minutes.
- Remove the tea bags. Add the sugar, stirring until dissolved. Allow the sweetened tea to cool to room temperature.
- After the sweetened tea has cooled to room temperature, add the tea, SCOBY, starter liquid, and remaining water to ½ gallon jar. Cover with a paper towel or clean cloth and secure with a rubber band.
- Place the jar out of direct sunlight between 68° and 85°F for 7-14 days. Taste daily starting at 7 days.
- After the first ferment, strain the kombucha through a mesh strainer to remove the SCOBY. Place the SCOBY in jar with about 1 cup of kombucha for starter liquid for the next batch.
- Add fruit, fruit juice, herbs, or spices to the kombucha and place back on the counter for 1-3 days covered with a paper towel or clean cloth.
- After the second ferment, strain off the fruit, herbs, spices, and any mini SCOBY that has formed.
- Bottle the finished kombucha for the fridge and enjoy chilled.