

Kombucha Recipe

Kombucha is a fermented drink made from a Mushroom that grows in black tea/organic whole cane sugar & water. When it is strong enough it will taste like beer without the alcohol. The taste of this can easily be disguised by adding an unsweetened juice to your cup along with the Kombucha Brew that you make. It is very good for your gut and will also boost your immune power. Try some today! Let me know what changes you experience when you drink this brew on a daily basis! Here is the basic recipe!

Kombucha

1 cup organic sugar cane sugar.

4 bags black tea or 4 teaspoons loose black tea

mushroom(I do not rinse it, I keep on reusing it until it gets rather thick, then I separate the older layers and throw it away or could give to someone else to use as a starter)

1 cup starter kombucha liquid

4 liters purified/filtered water

use a large jar...le. Gallon size so mushroom has room to spread out.

Steps

boil water

add tea bags or loose tea to brew

add sugar

cool down, strain tea leaves or take out tea bags.

fill glass jar, leave about 1 inch of so room at the top . Need 1 gallon jar.

add mushroom and starter liquid

cover with cheese cloth or coffee filter and secure the cover with an elastic.

I set it in the cupboard to ferment/or cover it with a box.

leave minimally for 5 to 7 days, I usually need 3 weeks, our kitchen can get quite cold.

some people flavor their kombucha, just add different flavour of unsweetened juice to it.