

kombucha

probiotic-rich fermented tea

ingredients

4 quarts purified water

4 organic black tea bags

4 organic green tea bags

1 cup sugar (pure cane sugar only: NOT honey, maple syrup or agave)

directions

1. Boil one-quart filtered water
2. Turn off heat and add 8 tea bags; steep for 12 minutes
3. Remove tea bags.
4. Add one cup sugar - stir until dissolved.
5. Add the three additional quarts of water to tea and wait for it to cool to room temperature.
6. Add cool tea to your container with SCOBY and 1-2 cup(s) reserved kombucha.
7. Wait about 5-15 days and do it all over again!

The time will vary depending on temperature...faster in summer, slower in winter.
The size of your SCOBY also makes a difference. Bigger SCOBY = faster brew.
Kombucha should taste tart and slightly sweet. (More tart means less sugar).

I like Choice Organic Tea - 4 bags [English Breakfast](#) + 4 bags [Oolong](#)

10 lb. bag of organic sugar at Costco

Costco also has large jugs of white vinegar for rinsing the jar and your hands before you handle the SCOBY.

