

# How make Kombucha

Kombucha is a fermented tea known and used for centuries. Its health benefits claims spread from intestinal health, immune booster, pain reliever and cancer killer. While this is not proven. We do know that it contains minerals, vitamins and lots of beneficial bacteria probiotics. It is easy to make and delicious to taste. The end product is slightly tangy, fussy drink full of anti-oxidants, enzymes and probiotics and vitamins.



## Recipe for 1 gallon of Kombucha

The kombucha is brewed with a SCOBY (Symbiotic Culture of Yeast and Bacteria) that “eats” the sugars in the sweetened tea and creates an acidic, vitamin and probiotic-rich beverage. SCOBYs are living and thriving colonies of bacteria and unfortunately, you can’t just pick one up a high quality one at your grocery store. There are several ways to acquire a SCOBY.

1. Order online
2. Get one from someone who brew kombucha
3. Grow your own.

You can grow SCOBY at home by leaving kombucha drink at room temperature or vinegar with sugar at room temperature for couple of weeks. You will see the SCOBY as multi layered meaty film forming on the surface. With that you can start the fermentation It will reproduce after each time you ferment Kombucha.

To make 1 gallon of Tea

Start with clean vessels, materials and hands.

1 gallon of water

4-6 tea bags of your choice

1 cup of sugar (to feed the SCUBY)

1 SCUBY

1 cup of brewed Komucha (if you have it. It will work without it but the process will be slower).

Leave it to brew at room temperature for 1 to 4 weeks. Taste from time to time to get to the desired acidity. The Kombucha should be slightly tangy, slightly sweet and fuzzy. Enjoy!