

Kombucha Fermented Tea

Kombucha Fermented Tea is sunshine in a glass. It is packed full of benefits that will boost the immune system and energy, detoxes the liver, heals the digestion system and balances the pH level of the body. Over a period of 7-14 days, you will have made sugar, a scoby and black tea turn into a delicious, slightly carbonated, wonderfully healthful beverage. Enjoy 8 oz. of kombucha per day. Once fermentation is complete, store in refrigerator for freshness.



Ingredients

Ingredient	Amount
1 SCOBY	1
Black Tea Bags	5 bags
Filtered Water	1 gallon
Pure Cane Sugar	1 cup
Starter tea (Kombucha)	1 cup
1 Gallon-sized Glass Jar	
Mason Jars for storing	

Notes

*It is very important that you let the water cool completely before you add the scoby. Even warm water may harm the scoby

**The starter liquid is preserved from your last batch. If this is your 1st batch, use your store bought kombucha.

***Your scoby will have a baby scoby attached. You can leave them together for a few brews, or separate them after each brew. I let the baby grow for 2-3 batches, then separate them to make 2 scoby.

****Pick any fresh fruit you would like- berries, strawberries, apples, peaches

*****This is the 2nd fermentation. The juice will sweeten your kombucha and it will become more carbonated.

Instructions

1. Bring 3/4 of a gallon (12 cups) of water to a boil in a large pot.
2. Add 1 cup of sugar. Stir until dissolved.
3. Remove the pot from heat.
4. Add 5 black tea bags.
5. Let steep until completely cool*.
6. Pour the tea into a gallon size glass jar.
7. Add your starter liquid**.
8. Fill your gallon jar to the top with filtered water.
9. Add your SCOBY.
10. Cover with a coffee filter. Secure with a rubberband.
11. Store in a dark place for 7-14 days.
12. Remove the scoby and preserve a few cups of starter liquid***.
13. Run the Kombucha through a fine-mesh strainer.
14. Pour into mason jars. Leave about an inch of air at the top.
15. Optional- add a few pieces of fresh fruit.
16. If you added fruit, store in a dark place for 2-3 days for your 2nd fermentation*****.
17. Your kombucha is ready to enjoy. Store extra in the fridge.