

Recipes From Gita's Garden

Kombucha Tea:

By Gita Patel

While Kombucha tastes similar to a fizzy soda drink with a little more tang, it's actually made from fermentation of green or black tea. Often fruit flavors like citrus and berries or even aromatics like ginger and lavender, are added giving the drink even more appeal. Kombucha is loved by many for its gut-friendly probiotic bacteria. Make your own healthy, fizzy Kombucha beverage at home...

1. Acquire a SCOBY
2. Gather Ingredients
3. Prepare the Sweet Tea
4. Where the Magic Happens
5. Second Fermentation
6. Save Your SCOBY

$\frac{3}{4}$ gallon water
4 tea bags...green or black
1 C sugar
SCOBY
2 C Kombucha starter tea

Brew the tea: Add sugar, stir and cool to room temperature.
Pour in a gallon jar
Add SCOBY and 2 C starter tea
Cover with cloth and wait 5 – 7 days

For flavored Kombucha add your favorite juice (2oz per 12 oz bottle or dried fruit) or nickel size piece of grated and minced ginger per 12 oz bottle. Fill in smaller 12 to 16 oz bottles and let ferment another 2-3 days.

Enjoy! Refrigerate the prepared Kombucha once it is ready.