

Nurturing you through to health and happiness

SARI YOUNG

BNSc (hons); AdDip Naturopathy;
AdDip Western Herbal Medicine; AdDip Nutritional Science.

www.sarisnaturalmedicine.com.au

NATUROPATH AND REGISTERED NURSE

Kombucha recipe

Sari Young 6-9-22

Ingredients

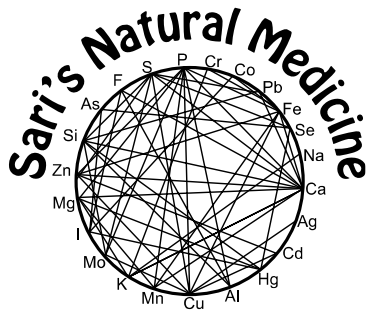
- 2L Filtered water/ spring water
- 4 organic black tea bags or 1 tsp loose leaf tea (organic green or black tea, or mixture of both)
- ½ cup of raw honey
- 1 SCOBY (Symbiotic Culture of Bacteria and Yeast)

Equipment:

- Heat proof jug
- 3L glass jar for fermentation
- Cheese cloth if fruit fly isn't a concern, otherwise a tightly woven fabric such as tea towel or serviette.
- Glass bottles
- Flavours for the second ferment

Method

- Brew the tea in 500ml of boiled spring/ filtered water in the jug.
- Leave it to come to room temperature.
- Pour the tea into the 3L glass jar.
- Put the honey into the same jug and pour in 250ml of hot water. Stir to dissolve the honey. Pour the honey and water into the 3L jar.
- Add the remaining 1250ml of spring/ filtered water into the 3L jar.
- Add the SCOBY carefully into the tea/ honey/ water mix.
- Put the cheese cloth/ tightly woven fabric over the top of the jar and secure with a rubber band.
- Let your SCOBY mix sit out of direct sunlight for 7-10 days. I put mine at the bottom of my pantry.
- Taste the kombucha after 7 days until it reaches the desired flavour. The longer it ferments, the more beneficial bacteria, but also the more 'vinegary' it will taste. The longer it ferments, the less caffeine and sugar



Nurturing you through to health and happiness

SARI YOUNG

BNSc (hons); AdDip Naturopathy;
AdDip Western Herbal Medicine; AdDip Nutritional Science.

www.sarisnaturalmedicine.com.au

NATUROPATH AND REGISTERED NURSE

from the honey. It will take different lengths of time at different times of year with temperature fluctuations.

- You can then either enjoy your kombucha beverage, or conduct a second ferment which will add flavour and effervescence.

For the second ferment:

- Add some fresh fruit, or dried fruit, or even fruit juice to the kombucha.

The following is a guide: for every litre, add either:

- ¼ cup fruit juice
 - 3-4tbsp fresh cut fruit
 - 1-2tbsp dried fruit
 - 1/8cup pureed fruit
-
- You can also add 1tbsp herbs and spices per 1 L kombucha. Some ideas are cinnamon, cloves, ginger, thyme, mint, lavender, rosemary etc. You can add this to the fruit, or do it alone. If you do it without the fruit, also add 1 tbsp honey. If you do it with the fruit, there is no need to add more honey.
 - After adding your extras, leave it on the bench out of direct sunlight for a further 3- 7 days. Then strain out the fruit/ herbs and pop in the fridge and ENJOY! It will have the flavour of your additives, and also be more effervescent.