

Brewing Homemade Kombucha

1st Fermentation



1 GALLON
WATER



6-8 BAGS
BLACK TEA



1 CUP CANE
SUGAR



RUBBER
BAND



COTTON
FABRIC



SCOBY
CULTURE



STARTER
LIQUID

KOMBUCHA IS A FERMENTED PRO-BIOTIC DRINK THAT HELPS WITH DIGESTION AND NATURAL GUT FLORA.

WHEN BREWING USE:

WOOD/SILICONE

VINEGAR - SANITIZE ALL THAT COMES INTO CONTACT WITH CULTURE

GLASS/PORCELAIN CONTAINER

FINE WEAVE 100% COTTON FABRIC

DO NOT USE:

METALS - WILL KILL CULTURE

SOAP - EVEN SMALL AMOUNTS OF RESIDUE WILL KILL CULTURE

PLASTIC BREWING CONTAINER

CHEESE CLOTH - TOO LOOSE OF WEAVE

1. BREW 1 GALLON OF SWEET TEA.
RATIO: 1 GALLON HOT WATER
6-8 BAGS BLACK TEA
1 CUP SUGAR

2. COOL TO ROOM TEMPERATURE

3. ADD SCOBY CULTURE AND MINIMUM 1 CUP OF STARTER LIQUID.

4. COVER BREWING CONTAINER OPENING WITH COTTON CLOTH.

5. SECURE WITH RUBBER BAND.

6. ALLOW TO FERMENT.

7. FERMENT BETWEEN 1-3 WEEKS

TASTE AFTER 1 WEEK.

TOO SWEET: FERMENT LONGER

TOO SOUR: FERMENT SHORTER

JUST RIGHT: ENJOY ALONE

OR MOVE TO 2ND FERMENTATION



FOR MORE IN
DEPTH GUIDE VISIT:

SaturateLife.com