

## How to make Kombucha at home?



### Kombucha Tea Scoby

Kombucha is a fermented probiotic health drink which helps to improve our gut bacteria and yeast, detox our system and boost our immune system. It is an fermented drink made with green or black tea.

### How does it taste?

Kombucha is fizzy, sour, and slightly sweet. Depending on the added flavors, it can even taste fruity, floral, spicy, or herbaceous. It has a flavor profile similar to sparkling apple cider but with a more pronounced sour taste.

## Ingredients –

(FOR 1 LITER BATCH) (PROPORTIONATELY YOU CAN INCREASE THE VOLUME OF THE BATCH)

1 Kombucha Tea scoby + Starter Tea

1 Liter Drinking Water

2 Tablespoon Organic Black or Green Tea Leaves or 2 Bags of Tea Leaves

4 Tablespoon Sulphurless Sugar

## How to prepare –

1. Boil the water in a vessel, remove the vessel from the stove and add tea leaves or dip the tea bags and let it remain.
2. Add the sugar and dissolve it.
3. Allow the brewed tea to rest until the tea reaches the room temperature.
4. Pour the clear tea (without any leaves, residue or tea bag) to the glass jar, make sure the tea should not reach the brim of the jar.
5. Place the Kombucha scoby disk and pour the starter tea, allow some space between the brim and tea.
6. Cover the mouth of the jar with clean cloth and fasten with rubber band to avoid insects.
7. Place the jar in a well ventilated room, away from children and sunlight.
8. Ferment for minimum 7 days for a light taste of Kombucha tea, maximum 15 days for a stronger taste. You can notice a layer of Scoby (baby scoby) produced on the surface of the tea, wait until the baby scoby gets firm and you smell a pleasant aroma of fermentation.
9. Once you are ready to take out fermented tea, save the mother scoby and baby scoby along with sufficient starter tea for next batch.

10. Bottle the fermented Kombucha tea and store in fridge for consumption. You can also flavor the tea with mint leaves, basil leaves, ginger, lemon pieces, berries etc.,. after bottling.