



Kombucha recipe for 1 liter

Ingrediënts:

- ✓ 1 liter of water
- ✓ 3 to 4 bags of green or black tea
- ✓ 100 grams of white sugar
- ✓ Kombucha mother fungus (SCOBY)
- ✓ 10% kombucha from the previous batch or 2 tablespoons of distilled vinegar

Intruccion:

- ✓ place a pot with the indicated amount of water on the stove
- ✓ wait until the water boils and switch off the heat source
- ✓ add the sugar and glucose, stir until they are dissolved
- ✓ add the tea and let it infuse for 15 minutes
- ✓ let everything stand still until it has cooled to about 30°C
- ✓ then sieve the tea and pour everything into a jar (2L content)
- ✓ then add the kombucha fungus
- ✓ cover the jar with a muslin and put a rubber band around it
- ✓ leave the pot at room temperature (ideal temperature is 23°C)
- ✓ after about 14 days can be bottled (7-28 days depending on the temperature)

Kombucha - tips & advice

- Always work with clean materials and ensure good hygiene
- avoid contact of the kombucha with metal objects
- let the pulp sit at the bottom of the jar, this helps the next SCOBY to grow
- black or green tea has the best results, compared to other teas for the preparation of kombucha, herbal tea is not recommended
- never expose to direct sunlight
- the finished kombucha must have a pH value lower than 4.6
- avoid contact with other cultures like waterkefir & milkkefir. Contamination with other bacteria can kill the fungus