

## **KOMBUCHA**

Your kit consists of the following:

1. 1 3l canister
2. Elastic
3. Muslin cloth
4. 1 dish cloth
5. 1 packet of organic sugar
6. 1 box of Green Tea
7. 1 Scobi
8. 1 bottle of kombucha (Optional)

Recipe:

1. Boil 3 litres of water
2. Add 50 ml green tea and one cup of sugar to boiled water, stir until sugar is dissolved.
3. Cool down to room temperature.
4. Add scobi and bottle kombucha to canister
5. When tea is cooled down, take a plastic sift and cover with muslin cloth. Strain the tea into the canister until filled to the brim.
6. Cover with dishcloth and elastic and write the current date with chalk on bottle!
7. Store in a cool place or cupboard for nine days.
8. After 9 days take the scobi out and keep in a plate. Throw about 50 ml of brew on scobi.
9. Keep about 200ml of brewed kombucha one side. Bottle the kombucha in individual bottles of glass jar. Cover and rest in for another 3 days at room temperature. Store in refrigerator after that.
10. Wash the scobi and add to canister and add the 200 ml of kombucha to scobi.
11. Make your next pot of 3l tea and process starts again.
12. It will be a good idea to make another pot after few days so that you have enough to consume.

Any questions? Go to [this website](#) for more info or contact me: [ariciavdm@gmail.com](mailto:ariciavdm@gmail.com)

<http://www.culturesforhealth.com/learn/category/kombucha/#troubleshooting>