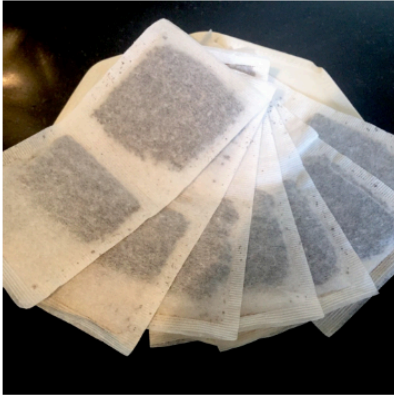


# How to make delicious healthy Kombucha

You will need:



Black Tea – 2 bags



Green Tea – 2 bags



75g Sugar (preferably raw, organic)



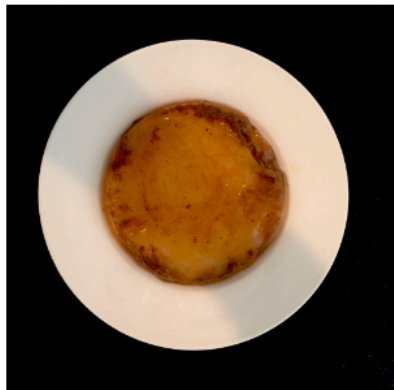
2 Litres of pure filtered water



Tea pot / bowl to make tea in



Container to make kombucha in



Scoby

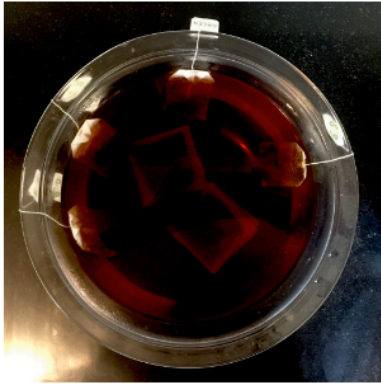


Starter liquid from top of last kombucha batch



Elastic band and cloth for cover

## Method:



Boil the filtered water and pour into teapot / other robust container (make sure it is not metal or plastic)



Add sugar and stir to dissolve. Then, cover and wait for the sweet tea to cool naturally to room temperature



Make sure your brewing vessel is completely clean and chemical-free, then add:

- your Scoby
- your starter liquid
- your cooled sweet tea mixture (minus the tea bags)



Cover with a cloth and secure tightly with a rubber band (letting air in but not bugs). Set in a location out of direct sunlight (ideal temperature 68-80 degrees fahrenheit; 20-30 degrees celsius). Do not disturb for 7 days (any less and the bacteria won't be as diverse).

After 7 days, gently insert a straw or non-metal spoon beneath the Scoby and take a sip. If too sweet, allow to brew for a few more days. Taste daily until you reach your preferred flavour. As you get used to making it, you will be able to recognise the sweetness just from the smell



Store the kombucha in glass bottles – ideally without metal lids. Leave a gap at the top of the bottle as gas naturally accumulates. As it is still alive, mini Scobies may form in the bottles – this is perfectly ok! Store in the fridge now to slow down fermentation.

You can, at this point, add in extra fizz or flavourings – this will be in a separate post

Then, drink as desired! Start with a thimble-sized amount until you are used to it. Drink plenty of water to help flush out the newly-released toxins

Enjoy!

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## Get a Scoby today and start brewing:

- Sanitise brewing vessel and other equipment with hot water or vinegar (NO SOAP) – it kills the Scoby
- Airflow is key – find an open area
- If you see mould, throw everything away. Kombucha are not salvageable when mould strikes. A useful reference is here (you need to get used to looking at Scobies and recognising an unhealthy one when you see it.... They are not particularly pretty!)
- Keep a Scoby Hotel for backups and extras
- Kombucha is a living organism. Many believe the energy in the room will directly influence your culture
- Make sure the water is fully cooled before exposing it to the Scoby

Any questions? Contact me at [heather@getrawenergy.co](mailto:heather@getrawenergy.co)



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