

# KOMBUCHA RECIPE

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*Your gut will thank you*

Kombucha is so good for you.

Drink 1 every day.

And when you make It yourself It costs pennies -  
gotta love pennies!



POSITIVELY

• JANE •

# KOMBUCHA

Check list of supplies needed - links are in the post:

Click [here](https://www.positivelyjane.net/blog/what-in-the-heck-is-kombucha) or copy and paste: <https://www.positivelyjane.net/blog/what-in-the-heck-is-kombucha>

- Scoby - buy one on Amazon
- 1 large 2-gallon container or 2 1-gallon containers - you don't need the lid
- old (clean ) t shirt
- Rubber band to fit around the top of the jar
- Bottles with a tight lid - swing top ones from Amazon
- Tea bags - either black or green tea
- White sugar
- Sugar free juice

**Directions** - makes a 1 gallon brew - or about 8-9 of the bottles I use

1. Add 4-6 tea bags to about 2-3 cups of boiling water. Let steep about 10 minutes. A little less or a little longer is ok.
2. Add 1/4 - 1/2 cup sugar. Make sure it's totally dissolved.
3. Remove the tea bags and put the tea in your large container. Make sure it comes to room temperature.
4. Add the Scoby and it's liquid. (make sure the tea is room temperature before adding).
5. Add water so that you have about 1 gallon all together. Some people say it needs to be purified water. I just use tap water. I am a rebel that way.
6. Put 1 layer of your t shirt on top and secure with a rubber band. This keeps dirt and buggies out. You only want 1 layer so it can breathe.
7. Put in dark, cool & ventilated area. I put mine in my coat closet (we don't have guests anyway).

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8. Mark your calendar for 2 -3 weeks. 3 weeks tends to make a more bubbly brew. You can always use Alexa and set a reminder - I do!

## IT'S BOTTLING TIME! -

1. Scoop out your scoby and 2 cups of liquid. Set aside
2. Start brewing your tea in the steps above. This way it can be cooking and cooling while you are bottling.
- 3.. Fill your bottles with 1/4 - 1/3 juice. Top off with the kombucha liquid. Tightly close the cap.
4. Return those bottles to your dark ventilated space for 3-4 days. And then refrigerate.
5. Make your next batch of Kombucha. That way you always have some and don't lose your Scoby.

Pop one open and enjoy. Cheers to a healthy gut!



# Hey there!

It's me, Jane. I am a wife, mom, sister and friend. I am a blogger who has a heart for women in all phases and stages of life. I share all kinds of things - from card making to budgets to organization and God. You can find me in my craft room, on the computer or at the lake just hanging out.

## I hope this has been helpful to you!

### You can find me...

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