



Health Drink - Kombucha



Kombucha is a healing & detoxifying drink which tastes like apple cider and is so easy to make yourself.



Kombucha helps with:

- *cancer
- *arthritis
- *rheumatism
- *eczema
- *acne
- *allergies
- *chronic fatigue syndrome
- *digestive disorders
- *high blood pressure
- *poor circulation
- *high cholesterol and more!



Servings: 8 glasses / 2 litres
Total Time: 1 hr

INGREDIENTS

- 2l water (not distilled)
- 3 tea bags (Green, Odong, black, rooibos)
- 4 Tbsp sugar (brown or white)
- 5 Tbsp Kombucha liquid
(from previous brew)
- 1 saucer-size Kombucha scoby/mushroom
(at least 1cm thick)

EQUIPMENT - NO METAL PERMITTED

- 1 wooden spoon
- 1 glass jug (2l)
- 1 glass jar (larger than 2l)
- 1 small cloth (to cover the jar)
- 1 elastic band (to secure the cloth)

TIP

The scoby will grow and create more layers. Once the scoby has reached 2cm in height, split it to make a second brew for yourself or to pass on to friends!

METHOD

Boil the water in a kettle. Add the sugar to the jug, pour in the hot water and stir with the wooden spoon until the sugar has dissolved. Stir in the tea bags. Leave to cool to room temperature and at least below 35°C. Remove the tea bags.

In the jar, pour in the Kombucha liquid from the previous brew, insert the Kombucha scoby and gently pour in the cooled tea. Cover the jar with the cloth and secure with the elastic band. Place the jar in a dark dust-free cupboard and allow to brew for 14 days.

Pour the liquid into a glass jug leaving behind the scoby and at least 5 Tbsp Kombucha liquid for the next brew. Drink a half or a full glass of Kombucha daily, and take a month break after a year. More can be drunk for a specific ailment but under medical supervision.

