

## **Kombucha**

- Boil 6 cups of water and add 1 black and 1 green tea bag.
- Turn off heat and add 1 cup of white sugar and stir to dissolve.
- Leave to cool to room temperature, remove tea bags when tea strength is as required.
  
- When cool pour into a large jar or crock, it doesn't need to have a lid.
- Put in the piece of kombucha mother and cover with a piece of cloth secured with an elastic band or similar.
- Leave the tea to 'kombuch' for a week or so. You'll need to keep testing it to see how sour you like it!
- Transfer your kombucha tea into a bottle, we use a washed out old squash bottle. Leave a bit in the jar to help get the next batch started.
- You can also make your kombucha fizzy by, at this stage, leaving the bottle on the side at room temperature for a couple of days.
- Store in the fridge . Make a new batch! You can adjust the quantities to suit how much Kombucha tea you like to drink.

### Resources

<http://users.sa.chariot.net.au/~dna/kombucha.htm#Kombucha-tea>