

## Kombucha Tea

### **Ingredients**

2L boiling water

12 Dessert spoons of sugar

2 tea bags (I use green, but you can use any tea that doesn't contain oil)

1 healthy 'Scoby' (Kombucha Fungus)

100 – 250mls of Mother tea (i.e. from the previous brew, or you could use one that you've purchased)

### **Simply:**

Pour boiling water over sugar until dissolved (not in a plastic container - use glass/porcelain/pottery).

Add your tea bags and brew for 5-10mins.

Leave until it's lukewarm and then add the 'scoby' and mother tea.

Cover the container with a piece of cloth (i.e. a tea towel) so that air can flow through.

After 8-10 days your delicious beverage will be ready to drink. Filter it off and store it in the fridge.

(In the cold weather I have even left it up to three weeks – it just means it will taste a little more like 'vinegar' and less sweet).

Optimal temperature for fermentation is between 23-28 degrees Celsius.

Remember that your 'scoby' can be sensitive – especially to smoke or chemicals. Make sure you have clean hands when you remove the scoby from your brew, and keep the kombucha somewhere 'clean' 😊

