



# Quick, Easy Beginners Guide to Brewing your own Kombucha

## INGREDIENTS

**1/2 Gallons filtered/boiled and cooled water**

**4 tea bags (green, black, or mixed)**

**1/2 Cup Sugar (organic cane is preferred, but any white sugar will work)**

**1 small-medium live and healthy SCOBY (can be found at :  
<https://amzn.to/2YrpYjX> )**

**1 breathable cloth, not cheesecloth as the holes are too large- You can even use a piece of an old t-shirt.**

**1 rubber band or string to fasten cloth**

**1/2 Cups starter liquid**



**Boil a half gallon of filtered water- if you do not have access to filtered water, bring water to a rolling boil water for about 5 minutes then let it cool. The water will then need to be boiled again.**



**Steep tea bags in hot water for 3-4 minutes. Remove teabags and discard. Stir 1/2 cup of sugar into hot tea until dissolved. Allow Sweet tea to cool down to room temperature.**

**Transfer the cooled sweet tea to your brewing vessel leaving enough space for starter tea & SCOBY. Add starter liquid and SCOBY.**





**Cover the vessel  
with breathable  
material and fasten.**

**Let rest for 7-10 days  
depending on preference.  
The longer it ferments, the  
more tart it will become. The  
warmer the temperature,  
the quicker the ferment.  
Kombucha is now ready to  
drink or proceed to a second  
ferment**



**For SCOBY and starter kits  
visit:**

**<https://amzn.to/2YrpYjX>**