

# TUNE IN TO YOUR HEALTH

## DARE TO COMPARE

Kombucha is a sweetened black or green tea that is fermented with a SCOBY (Symbiotic Culture of Bacteria and Yeast) to create a healthy and tasty tonic with health benefits. Naturally sweet and bubbly, it is a great alternative to soda and sugar-based beverages and can be purchased in a variety of flavours. You can also create a DIY brew for pennies a glass!

### Which Will You Choose?

Both can taste good and come in a variety of flavours.

One has health benefits, the other does not.

#### Kombucha

- Less sugar (2 to 6 grams/8oz)
- Detoxifying properties
- No harmful chemicals
- Source of :
  - good bacteria
  - b vitamins
  - antioxidants
  - digestive aids



#### Soda

- Contributes to chronic disease
- Dehydrating properties
- Can cause sugar/energy crash
- Source of:
  - sugar (approx. 20 g/8oz) or artificial sweeteners
  - additives
  - possible carcinogens



## KOMBUCHA BREW 4 U

### Ingredients

Black or orange pekoe tea bags  
White sugar or organic cane sugar  
1 cup starter tea or store-bought kombucha  
1 kombucha SCOBY purchased online or passed along from a friend  
Filtered water



### Directions

1. Prepare the sweet tea. Combine 8-10 small tea bags per gallon of water and 1 cup sugar per gallon.
2. Let the tea cool to room temperature. If tea is too warm, it can kill your SCOBY.
3. Pour into a glass jar, leaving about 20% of space at the top.
4. Pour in 1 cup of starter tea or store-bought kombucha. A starter liquid is best, but vinegar can be used as a substitute if needed.
5. With very clean hands, add the SCOBY. The SCOBY may sink or float, which is ok. The new SCOBY will eventually form on the top.
6. Cover the jar with a coffee filter, tea towel, or cheesecloth and hold in place with a rubber band.
7. Put the jar in a warm corner of the kitchen. A temperature of 75 to 85 degrees is best.
8. Let sit to ferment for 7 to 21 days. The length of time depends on room temperature and batch size. Taste test: it should be tart, but slightly sweet.
9. Pour the kombucha into another jar with an airtight lid and seal until ready to drink.

Sources: <https://wellnessmama.com/8638/continuous-brew-kombucha>  
<https://www.kombuchakamp.com/sugar-and-kombucha-faq-top-10>