

KOMBUCHA DRINK RECIPES

Strawberry (or Any Berry) Kombucha

Strawberries, fresh and sweet, lend a light fruitiness to kombucha. Strawberry-flavored kombucha is available commercially and is usually made with a strawberry puree of some sort. This strawberry kombucha, on the other hand, is made with a handful of fresh, plump berries.



Ingredients:

- 4-6 medium strawberries
- ½ teaspoon sugar, maple syrup, or honey, optional
- Enough kombucha to fill a 16-ounce vessel.

Instructions:

1. Add the strawberries to a 16-ounce vessel.
2. Fill with kombucha, leaving about ½ inch of headspace.
3. Cap tightly and culture 3-7 days or until kombucha is carbonated to your liking.
4. Move bottles to refrigerator.
5. When ready to drink, open carefully to avoid spilling the bubbly kombucha over the top of the bottle.
6. Strain the strawberries out when serving, if desired.

Whole Fruit Kombucha Flavors: Orange and Grapefruit

In this recipe whole oranges or grapefruits and a bit of peel or zest come together to give great citrus flavor and fun carbonation.

Ingredients:

- 2 quarts freshly fermented kombucha
- 1 organic orange or grapefruit

Instructions:

1. Peel and break up the orange or grapefruit into segments. Divide the segments among 4 pint-size containers. Add one or two ½-inch orange peel segments to each bottle.
2. Fill each container with kombucha, leaving about ½ inch of headspace. Seal tightly.
3. Place in a warm spot out of direct sunlight for 3 to 10 days. Burp the containers daily to release excess pressure and check for carbonation. If not sufficiently carbonated, reseal the containers, give them a quick shake, and continue to ferment for up to 10 days.

Apple-Cinnamon Kombucha

Reminiscent of sparkling apple cider, this apple-cinnamon kombucha will be your new favorite fall beverage. Tangy, slightly sweet, spicy, and bubbly, this flavored kombucha is worth the wait.

Ingredients:

- ¼ medium apple, diced small *or* 3 tablespoons apple juice
- ½ teaspoon cinnamon chips
- Enough kombucha to fill a 16-ounce vessel.

**Instructions:**

1. Add the apple or juice and cinnamon chips to a pint-size container.
2. Fill with kombucha, leaving ½-1 inch of headspace.
3. Cap tightly and culture 3-7 days or desired level of carbonation is reached.
4. Pour through a strainer into a glass to remove apple chunks and cinnamon chips before consuming.

Any Fruit Juice Fizzy Kombucha

Flavoring kombucha is a fun way to keep your family excited about culturing. One of the easiest ways to make flavored fruity kombucha is to use fruit juice. Use any juice — store-bought or fresh squeezed. A few ideas are

- Grape juice
- Apple juice
- Strawberry or other berry juice
- Pineapple juice
- Orange juice
- Vegetable juices



If choosing vegetable juices, it may help to either mix the vegetable juice with a fruit juice, or add ½ teaspoon of sugar to your bottle along with the vegetable juice, to get a more fizzy finished drink. Carbonation can only be created if there is sugar present for the second fermentation.

Avoid any store-bought juices that are “light” or sweetened with artificial sweeteners that are not true sugar.

Lemon-Ginger Zinger Kombucha

Lemon and ginger are, individually, two amazing flavors. Together they are incredibly complementary, imparting a bright spiciness that works so well with the tang of kombucha.

The added sugar in this recipe gives the kombucha something to feast on in order to create carbonation; however, you can simply omit it, or use honey or maple syrup in its place.

**Ingredients:**

- 1 teaspoon roughly chopped ginger
- Juice of ½ lemon
- ½ teaspoon sugar
- 2 cups kombucha tea

Instructions:

1. Add the ginger, lemon juice, and sugar to a 16-ounce vessel.
2. Fill with kombucha, leaving about ½-inch of headspace.
3. Cap tightly and shake gently to dissolve sugar.
4. Culture 3-7 days or until kombucha is carbonated to your liking.
5. Move bottles to the refrigerator.
6. When you are ready to drink it, open carefully, without shaking, to avoid spilling the bubbly kombucha over the top of the bottle.
7. Strain kombucha through a small strainer to remove ginger pieces. Serve cold.