



Grow a Kombucha SCOBY

Ingredients:

- 1 cup filtered water
- 1 tbsp organic cane sugar
- 1 green or black tea bag (I always use organic green tea)
- 3/4 cup unflavoured kombucha, such as GT's Organic Raw Kombucha in Original

Instructions:

1. Heat the water to just before a boil and pour it into a glass jar (I used a 500 ml Mason jar).
2. Add 1 tbsp of sugar to the hot water and stir to dissolve completely.
3. Add the tea bag and let steep for about 10 minutes.
4. Remove the tea bag and set sweet tea aside to cool.
5. Once cooled, add 3/4 of a cup of unflavoured, raw kombucha to the sweet tea and cover the jar with a piece of paper towel or a coffee filter secured with a rubber band.
6. Place the jar in a dark space (a cupboard works great) where it will not be disturbed for approximately four weeks.

Blushed Tips:

- Ensure the sweet tea is completely cooled before adding the kombucha. Kombucha is a living liquid and if it comes into contact with heat, the beneficial bacteria and yeast will die, and a SCOBY will not form.
- Sometimes when you open a bottle of kombucha, there is a "baby" SCOBY floating on the top. Add the "baby" to your jar to help jumpstart your SCOBY growth, although it's not necessary.