

WHAT THE F*#K IS KOMBUCHA?

To put it simply, it's the elixer of life: a lightly sweetened, fermented tea, commonly intended as a health beverage

HOW TO MAKE KOMBUCHA

WHY WOULD I EVER DRINK THIS SH*T?

- its damn delicious
- aids digestion
- great energy boost
- healthy probiotics
- increases metabolism
- reduces blood pressure

HOW DO I GET MY HANDS ON A S.C.O.B.Y?

Befriend someone who already has one. Ask nicely. If that doesn't work, steal it. Do whatever you need to do. Amazon also works.



COVER

S.C.O.B.Y.

Stands for - symbiotic colony of bacteria and yeast. This is what ferments the tea. A truly magical creature.

STARTER TEA - 2 cups

BLACK TEA -

8 tsp steeped in 14 cups water

SUGAR - 1 cup

STEP 1: Combine hot water and sugar in a glass jar. Stir until the sugar dissolves.

STEP 2: Place the tea or tea bags in the sugar water to steep.

STEP 3: Cool to room temperature and remove tea bags.

STEP 4: Add starter tea (this is already fermented tea which can come from a previous batch or store bought kombucha).

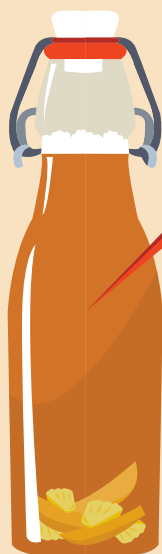
STEP 5: Add active S.C.O.B.Y. using clean hands.

STEP 6: Ferment. Let mixture sit out of direct sunlight for 7-30 days or to taste.

BOTTLE & FLAVOR

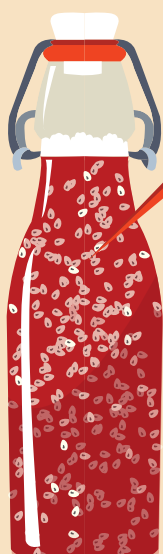
NOW WHAT? You can drink your Kombucha as is, or go ahead, take it to the next level. Empty your batch into airtight glass bottles making sure to leave room for air. Add any combination of fruit, fruit juice or spices to the bottles.

STUCK? HERE ARE SOME FLAVOR IDEAS



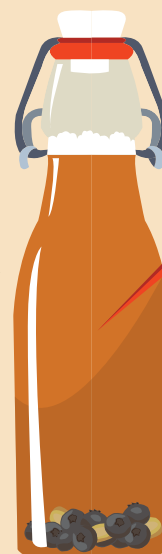
MANGO PINEAPPLE

Add chopped mango or mango juice and chunks of pineapple. Tastes like tropical heaven.



CHERRY LIME CHIA

Add cherry juice & the juice of half a lime. Seal and let stand for 2 days. Once drink is carbonated, add 2 tbs of chia seeds and mix every 10 minutes until the chia becomes plump.



GINGER BERRY

Add your choice of berries or berry juice and add 2-3 slices of fresh ginger. Stomach feeling off? This is the perfect drink to settle it.

Seal and ferment for another 2-3 days. After a couple days, your drink will carbonate and you can **FINALLY** enjoy it. Serve cold. Share and blow everyone's mind or keep it all for yourself. It's that good.