

## Lavender Ginger Kombucha Recipe

A refreshing, aromatic twist on the traditional drink.

*We love Lavender &! Ginger! Why not combine them? :)*

***If you try, don't be shy! Let us know how your batch turns out.***

### Ingredients:

- **1 cup water** (for tea)
- **4–6 lavender buds** (or 1–2 teaspoons dried lavender) – Can buy bulk organic on Amazon.
- **1-inch fresh ginger root** (sliced thinly)
- **4 bags of black tea** (or 4 teaspoons loose leaf black tea)
- **1/4 cup sugar** (you can adjust depending on your sweetness preference) We like natural cane sugar best.
- **1 cup starter kombucha** (from a previous batch or store-bought)
- **1 SCOBY** (Symbiotic Culture Of Bacteria and Yeast)
- **4 cups filtered water** (for the brew)

### Equipment:

- Large glass jar (1–2 quart capacity)
- Small saucepan
- Cheesecloth or coffee filter (for covering the jar)
- Rubber band or string

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### Instructions:

#### 1. Prepare the Lavender Ginger Tea Base:

- In a small saucepan, bring 1 cup of water to a boil.
- Add the fresh ginger slices and dried lavender. Let it simmer for about 5 minutes to infuse the flavors.
- Strain the liquid to remove the ginger and lavender, then pour the infused water into a heatproof container.

#### 2. Brew the Kombucha Tea:

- Add 4 cups of filtered water to the container with your lavender-ginger infusion.
- Add your black tea bags or loose-leaf tea to the mixture. Let it steep for about 10 minutes.
- After the tea has steeped, remove the tea bags or strain out the leaves. Add the sugar to the hot tea and stir until completely dissolved.
- Let the tea cool to room temperature (important—make sure it's not hot before adding the SCOBY!).

### **3. Add the SCOBY and Starter Tea:**

- Once your tea is at room temperature, pour it into your fermentation jar (or a large glass container).
- Add 1 cup of starter kombucha to the tea. This helps to kickstart the fermentation process and balance the pH.
- Gently place the SCOBY into the jar, ensuring it floats on top (it's fine if it sinks initially, it will float up as fermentation occurs).

### **4. Ferment the Kombucha:**

- Cover the jar with a clean cheesecloth or coffee filter and secure it with a rubber band or string.
- Let the kombucha ferment at room temperature (around 70-75°F or 21-24°C) for about 7–10 days, depending on how strong you like the flavor. The longer it ferments, the less sweet and more tangy it will be.

### **5. Taste Test and Bottling:**

- After about 7 days, taste your kombucha. If you're happy with the flavor, it's time to bottle!
- If you want a stronger ginger or lavender flavor, you can add more ginger or lavender at this point for a second fermentation.

### **6. Second Fermentation (Optional for Fizzy Kombucha):**

- Transfer the kombucha into bottles, leaving about 1 inch of headspace at the top.
  - Seal the bottles and let them sit at room temperature for 2–5 more days to build carbonation.
  - Once the kombucha is fizzy to your liking, store the bottles in the refrigerator to stop fermentation.
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### Tips:

- **Sweetness Adjustments:** If you like your kombucha sweeter, you can add a bit of honey or fruit juice (such as lavender lemonade or ginger juice) during the second fermentation.
- **Lavender Variations:** If you don't have dried lavender buds, you can use lavender essential oil—just be sure it's food-safe and organic.
- **Ginger Variations:** You can infuse ginger in different forms, such as dried ginger root or even candied ginger for a sweeter flavor.

Enjoy your homemade **Lavender Ginger Kombucha!**

Cheers :)!