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journey of probiotic
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In *Kombucha Revolution*, Lee reveals the secrets to brewing the perfect batch of kombucha and caring for your very own SCOBY (Symbiotic Culture of Bacteria and Yeast). He also shares his favorite recipes—plus

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1/4 cup Kombucha
Vinegar 3/4 cup extra-

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virgin olive oil 1

teaspoon ground

mustard seeds Coarse

ground sea salt Freshly

ground black pepper.

Combine the

kombucha vinegar with

the olive oil, mustard,

salt, and pepper to

taste. Whisk together

until combined. Pour

over a salad or

refrigerate in a sealed

container for up to 1

week. KOMBUCHA

VINEGAR

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Koopman, opened up my imagination to some innovative uses for Kombucha. I admit I've gotten into a rut. Weekly brewing of my Kombucha, filling the bottles with kombucha and pomegranate juice, capping, waiting a few days for the fizz

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If caffeine is a concern, kombucha can be made with caffeinated or decaf tea, and even with green tea or herbal teas. To protect the culture, it is good to use at least 20% regular black tea though. Kombucha can contain very small

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amounts of alcohol,
typically around 0.5%
or less, which is similar
to an over-ripe banana.

Homemade Kombucha Recipe | Wellness Mama

COMBINE the
kombucha, lime juice,
fish sauce, sambal
olec, brown sugar, and
garlic in a bowl and
mix. 2. ADD the
papaya, tomatoes,
cilantro, and
macadamia nuts and

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toss until well mixed.
NUTRITION...

**5 Delicious
Kombucha Recipes -
Prevention**

Bring water to a boil. In a clean, 4-cup wide-mouth glass jar, combine tea and hot water and let steep at least 5 minutes. Using clean utensils, strain out tea or remove tea bag and stir in sugar,...

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