

CUCUMBER LIME MINT KOMBUCHA



Ingredients for cucumber lime kombucha:

- 1 l kombucha
- freshly peeled cucumber slices
- 100 ml lime juice
- fresh mint leaves

Cucumber lime kombucha preparation

Add all ingredients to kombucha. Cover with airtight lid. Ferment 1-2 days, room temperature. Chill before serving.

Kombucha has invigorating properties!

Kombucha is also called “tea of life” or “elixir of life”. Ingredients and nutrients that develop in kombucha during fermentation support this notion. It’s full of vitamins and antioxidants which help with natural detoxification of the body. Kombucha is rich in vitamins B1, B6, B12, Folic acid, vitamin C.

Caffeine in black and green tea can still have some effect once the kombucha ferments, though there is a lot less caffeine after the fermentation is finished. If you want to reduce the amount of caffeine in kombucha, you can steep the tea for a few minutes, discard (drink it or use it for something else)

then steep the same tea leaves again. The second tea will have less caffeine.

You can also mix other teas that have less caffeine than black one. For instance, use just part of black tea and add other parts of green, white or even herbal tea.

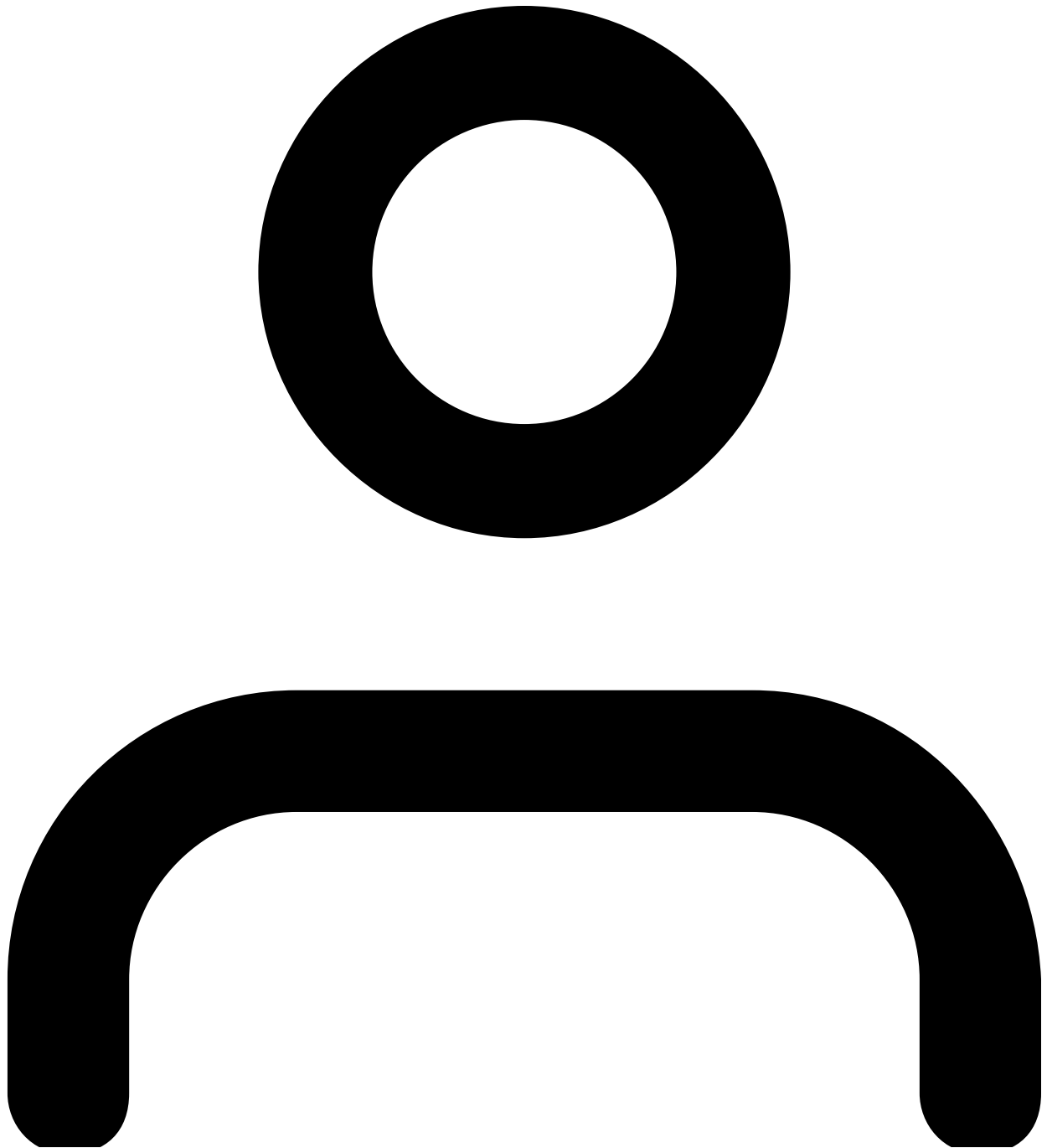
See more kombucha recipes [here](#).

Products used to prepare this recipe:



Kombucha Fermenter

[Buy on Kefirko.com](https://kefirko.com)



2nd Fermentation

[Buy on Kefirko.com](https://www.kefirko.com)