

Lemon balm kombucha



Ingredients:

- 1,2 l water
- 5 g lemon balm leaves (fresh or dried)
- 70 g sugar
- 100 ml kombucha starter liquid or kombucha SCOBY culture with liquid.

Lemon balm kombucha preparation

Bring 200 ml water to a boil. Remove from heat, add lemon balm leaves and let it steep for at least 15 minutes (up to 5 hours for stronger tea). Strain the tea and stir in sugar until completely dissolved. Pour the sweetened tea into the jar, then add the rest of the water. Let cool until it reaches room temperature. Pour in the starter liquid and gently place the SCOBY on top. Cover with a lid that enables airflow or with a piece of cloth.

Leave the jar at room temperature (21-25 °C) for 7-10 days. Make sure to keep it away from direct sunlight. After about 6-7 days, you can start tasting your kombucha each day, until it tastes right for you.

When fermentation is finished, bottle the strained kombucha. Chill before serving and decorate with fresh lemon balm leaves.

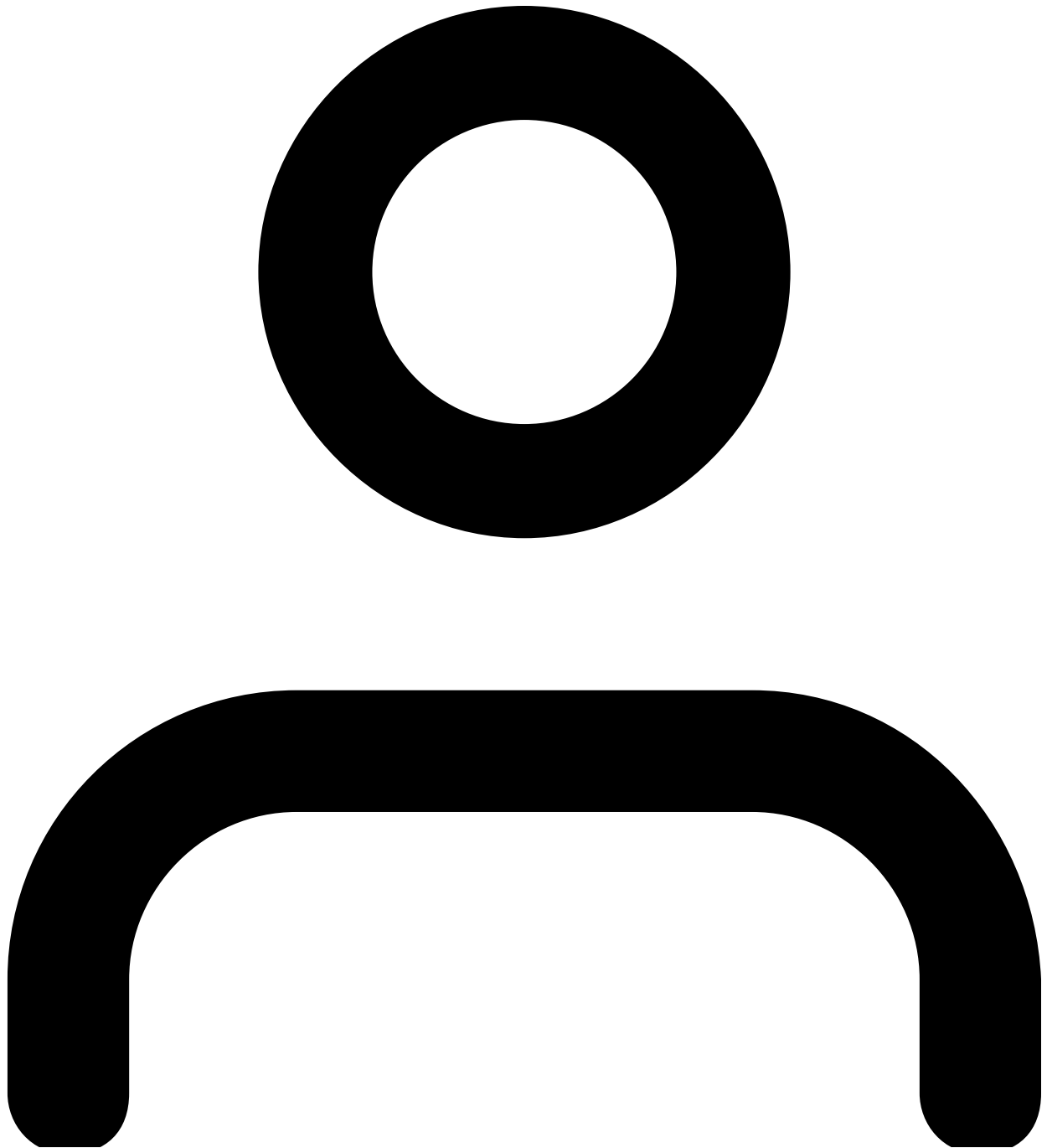
See more kombucha recipes [here](#).

Products used to prepare this recipe:



Kombucha Fermenter

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2nd Fermentation

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