

ROSEHIP ORANGE MINT KOMBUCHA



Ingredients for rosehip orange kombucha:

- 800 ml basic kombucha
- 200 ml rosehip tea
- 50 ml fresh orange juice
- few fresh mint leaves

Rosehip orange kombucha preparation

Prepare tea and cool to room temperature. Add all ingredients to kombucha. Cover with airtight lid. Ferment 2-3 days, room temperature. Chill before serving.

Rosehip has a delicate floral flavours and is a common ingredient of teas. It has many benefits for the health, it's often connected with improved immunity, heart health, weight loss, and skin aging. It's rich in antioxidants (vitamins C, E).

We add fruits and other ingredients in second fermentation. This is better to avoid contamination of the kombucha culture.

Bacteria and Yeasts in kombucha

Kombucha consists of bacteria and yeasts symbiosis. Bacteria and yeasts are working together in kombucha. Some of them have more influence on the taste that develops, others are responsible for

that little strains and threads you see floating in the kombucha. While yeasts produce alcohol, bacteria then feeds on that alcohol to produce acetic acid. For this reason kombucha has low level of alcohol and tastes acid like vinegar.

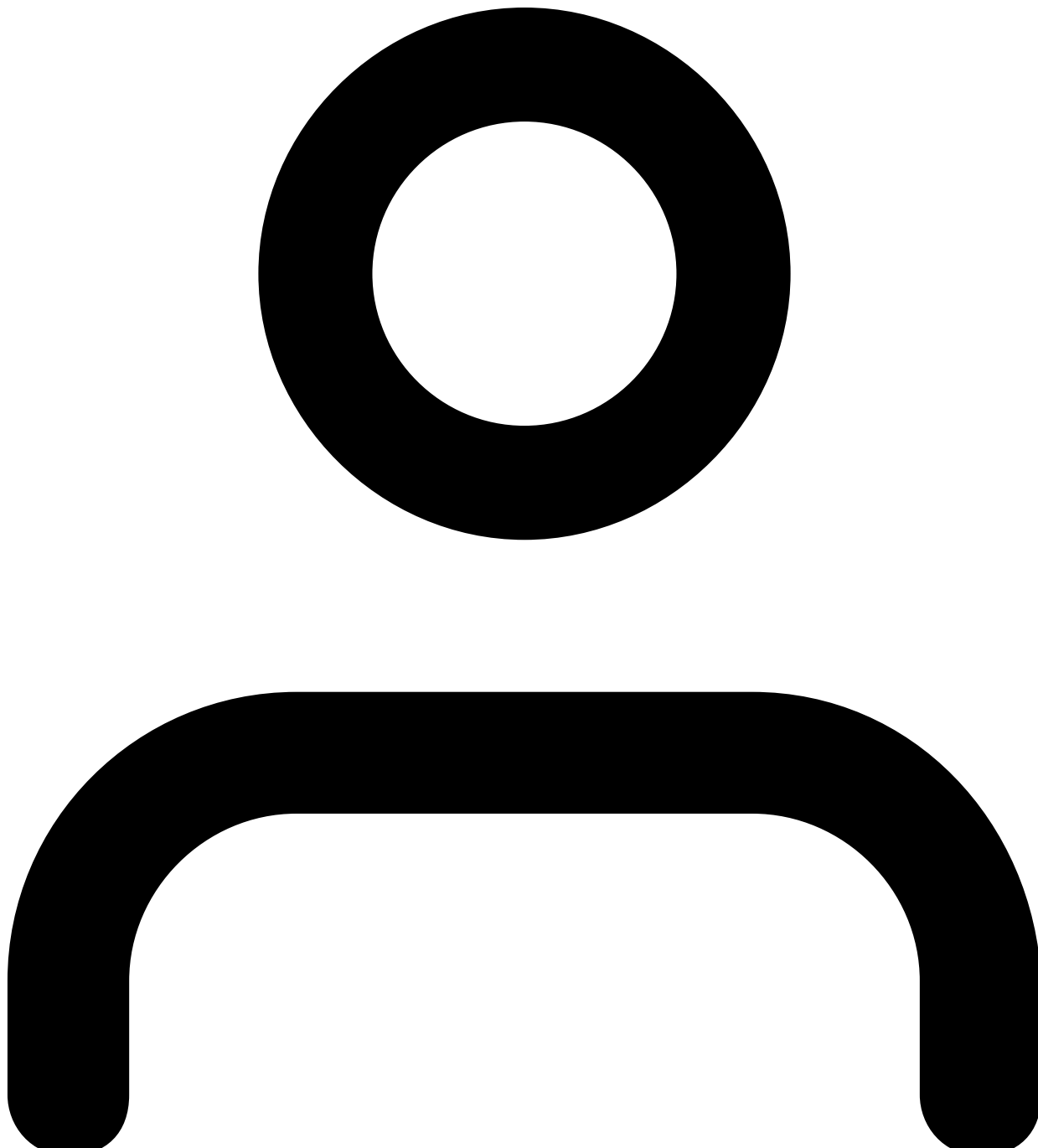
See more kombucha recipes [here](#).

Products used to prepare this recipe:



[Kombucha Fermenter](#)

[Buy on Kefirko.com](#)



2nd Fermentation

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



Organic Rosehip tea

[Buy on Kefirko.com](http://Kefirko.com)