

LAVENDER PLUM JUN KOMBUCHA



Ingredients:

- 1 l jun kombucha
- 0,5 l water
- 100 g dried lavender buds
- 5 g green tea
- 50 ml honey
- 100 ml plum juice

Lavender plum jun preparation

Add all ingredients to the kombucha beverage. Cover with airtight lid. Leave to ferment 3 days, room temperature. Chill before serving.

Prepare green tea with lavender buds. Once the tea is ready, take the tea leaves (tea bags) out, you can leave the lavender in.

Sugar level in kombucha is not high!

Many people worry about the amount of sugar that is needed to prepare kombucha. But keep in mind that sugar you put in kombucha is actually food for the microbes not for you. After kombucha is fermented there is very little sugar left in it, about 2,5g in 250ml. In comparison, the same amount of cola contains about 30g of sugar.

If you want to make sure all the sugar is used up ferment the kombucha longer. When doing second fermentation you will need to add some sugar again so it does not get too sour.

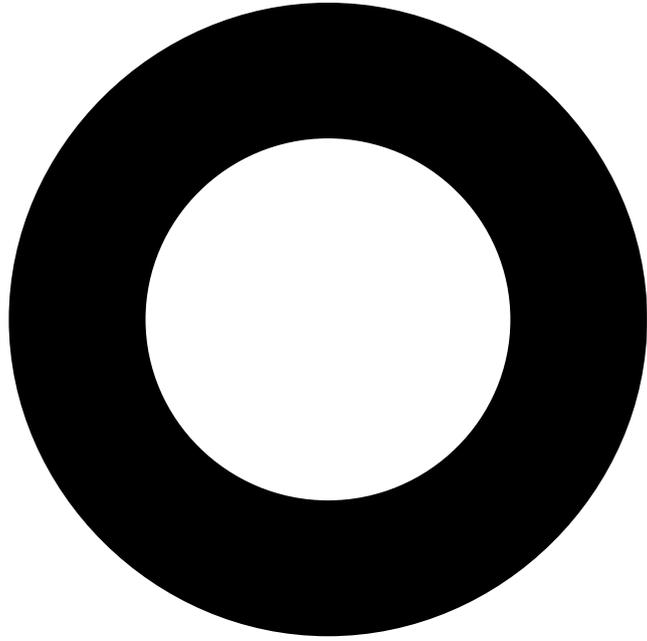
See more recipes like lavender plum jun kombucha [here](#).

Products used to prepare this recipe:



[Kombucha Fermenter](#)

[Buy on Kefirke.com](https://www.kefirke.com)



2nd Fermentation

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