

Water Kefir | START HERE PREPARE YOUR FLAVORING

INGREDIENTS ARE FOR EVERY 16 OZ. BOTTLE YOU ARE FLAVORING

Lavender Lemonade

1. Steep 1 tsp. lavender flowers and 4 tsp. lemon balm leaves in $\frac{3}{4}$ cup hot water for 3-5 minutes.
2. Strain out and discard the flowers and leaves.
3. Add 1 tsp. sugar and stir until it dissolves.

Elderflower Cordial

1. Steep 4 tsp. elderflowers and 4 tsp. lemon balm leaves in $\frac{3}{4}$ cup hot water for 3-5 minutes.
2. Strain out and discard the flowers and leaves.
3. Add 1 tsp. sugar and stir until it dissolves.

Ginger Beet

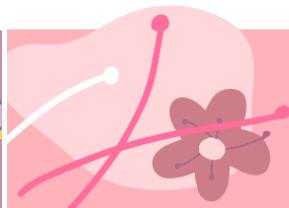
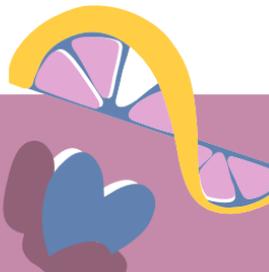
1. Add 1 tsp. beetroot powder and $\frac{1}{2}$ tsp. sugar directly to your finished water kefir. Mix thoroughly.
2. Dice 1 heaping tsp. ginger blocks into slivers and add directly to the bottle.
3. Jump to steps 3 - 5 on reverse side of this card.

Green Power

1. Steep 3 tsp. lemon peel in $\frac{3}{4}$ cup hot water for 3-5 minutes.
2. Strain out and discard the lemon peel.
3. Add 2 tsp. green power blend and $\frac{1}{2}$ tsp. sugar. Mix until it dissolves.

Orange Grapefruit

1. Steep 2 tsp. orange peel and 2 tsp. grapefruit peel in $\frac{3}{4}$ cup hot water for 3-5 minutes.
2. Strain out and discard the orange and grapefruit peels.
3. Add 1 tsp. sugar and mix until it dissolves,



NEXT STEP

FLAVOR AND BOTTLE YOUR WATER KEFIR

FOR EVERY 16 OZ. BOTTLE, YOU WILL NEED 1-2 CUPS OF FINISHED WATER KEFIR.
WE RECOMMEND YOU USE A 16 OZ. GROLSCH BOTTLE WITH A FLIP TOP LID FOR THE FOLLOWING.

1. Fill a grolsch bottle with 1 cup of finished water kefir.
2. Allow your flavoring to cool to room temperature. Then add to the grolsch bottle.
3. Close the bottle and gently flip it to mix the water kefir and flavoring.
4. Add more finished water kefir to the grolsch bottle while leaving 1" head space.
5. Close the bottle and let your kefir carbonate at room temperature for 1-3 days at 70-80°F, until sufficiently carbonated. In warmer temperatures, burp the bottle daily to avoid excess pressure buildup

USE CAUTION WHEN OPENING THE BOTTLE. THE CONTENTS ARE UNDER PRESSURE! PUT A TOWEL OVER THE BOTTLE AND PUSH DOWN ON THE CAP WHILE OPENING.

ENJOY YOUR KEFIR SODA!

ENJOY YOUR KEFIR SODA!



Kombucha

START HERE BREW YOUR KOMBUCHA

1. STEEP 2 TSP. OF TEA INCLUDED IN YOUR FLAVOR KIT IN 3-½ CUP HOT WATER AT 190°F FOR 3-4 MINUTES. ALLOW TEA TO COOL TO 68-85 °F.
2. USE THIS TEA TO PREPARE YOUR KOMBUCHA, FERMENTING FOR 30 DAYS OR UNTIL THE pH DROPS TO 3.6 OR BELOW.

NEXT STEP

PREPARE YOUR FLAVORING

(INGREDIENTS ARE FOR EVERY 16 OZ. BOTTLE YOU ARE FLAVORING)

English Lavender

Steep 1 tsp. lavender flowers in ½ cup hot water for 3-5 minutes.

Strain out and discard the lavender.

Add ½ tsp. sugar and mix until it dissolves.

Lemon Ice Tea

1. Steep 4 tsp. lemon balm leaves in ¾ cup hot water for 3-5 minutes.

2. Strain out and discard the lemon balm.

3. Add ½ tsp. sugar and mix until it dissolves.

White Tea and Ginger

1. Dice 1 heaping tsp. ginger blocks into slivers and add directly to your finished kombucha.

2. Jump to steps 3 - 5 on reverse side of this card.

Green Power

1. Add 2 tsp. green power blend and ½ tsp. sugar directly to your finished kombucha.

2. Jump to step 3-5 on reverse side of card.

Black Chai Spice

1. Steep 2 tsp. chai spice in ½ cup hot water for 3-5 minutes.

2. Strain out and discard the chai spice.

3. Mix ½ tsp. sugar into your infusion.



NEXT STEP

FLAVOR AND BOTTLE YOUR KOMBUCHA

FOR EVERY 16 OZ. BOTTLE, YOU WILL NEED 1-2 CUPS OF FINISHED KOMBUCHA.

WE RECOMMEND YOU USE A 16 OZ. GROLSCH BOTTLE WITH A FLIP TOP LID FOR THE FOLLOWING.

1. Fill a grolsch bottle with 1 cup of finished kombucha
2. Allow your flavoring to cool to room temperature. Then add to the grolsch bottle.
3. Close the bottle and gently flip it to mix the kombucha and flavoring.
4. Add more finished kombucha to the grolsch bottle while leaving 1" head space.
5. Close the bottle and let your kombucha carbonate at room temperature for 2-7 days at 70-80 degrees, until sufficiently carbonated. In warmer Temperatures, burp the bottle daily to avoid excess pressure buildup.

USE CAUTION WHEN OPENING THE BOTTLE. THE CONTENTS ARE UNDER PRESSURE!
PUT A TOWEL OVER THE BOTTLE AND PUSH DOWN ON THE CAP WHILE OPENING.
ENJOY YOUR KOMBUCHA!

