

Intuitive Nutrition

Kombucha



Recipe for 1 Litre of Kombucha

Ingredients:

- 4 cups of filtered water
- 4 black or green tea bags
- ½ cup organic golden sugar, you can use white or brown sugar also.
- 1 SCOBY (Symbiotic Culture Of Bacteria and Yeast)
- ½ cup of starter tea (previously brewed kombucha)

Instructions:

1. Boil the water and steep the tea bags for 5-7 minutes.
2. Remove the tea bags and stir in the sugar until dissolved.
3. Allow the tea to cool to room temperature.
4. Transfer the cooled tea to a glass jar and add the SCOBY and starter tea.
5. Cover the jar with a cloth and secure with a rubber band.
6. Store the jar in a dark, warm place above 18 degrees Celsius for 7-10 days, or until it reaches your desired taste. The drink should be tart not to sweet.
7. Remove the SCOBY and store the kombucha in the refrigerator in bottles or jars.
8. For a fizzy kombucha leave on the bench for 1 to 2 days to fizz up. If it doesn't fizz add in a teaspoon of sugar or better still frozen blueberries, raspberries or strawberries for the bacteria to feed on. This creates gas. Make sure your lids are secure to hold onto the gas.

Health Benefits:

- Rich in probiotics and prebiotics
- Contains B vitamins (B1, B2, B6, and B12)
- Supports digestion and detoxification
- Contains digestive enzymes

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Water Kefir



Recipe for 1 Litre of Water Kefir

Ingredients:

- 4 cups of filtered water
- 3-4 tbsp water kefir grains
- ½ cup organic golden sugar, you can use white or brown sugar also.
- 1-2 slices of lemon or other fruit (optional)

Instructions:

1. Dissolve the sugar in the water.
2. Add the water kefir grains and optional fruit slices to a glass jar.
3. Pour in the sugar water.
4. Cover the jar with a cloth and secure with a rubber band.
5. Store the jar in a dark, warm place for 24-48 hours. Note you need the temperature to be above 20 degree C.
6. Strain out the kefir grains and store the water kefir in the refrigerator.
7. Water Kefir needs to be brewed regularly to keep them alive. They can be temperamental so a lot trickier to brew than kombucha.

Health Benefits:

- Contains probiotics and yeasts
- Rich in B vitamins (B1, B2, B6, and B12)
- Supports digestion and immune function
- Contains digestive enzymes

Intuitive Nutrition Jun



Recipe for 1 Litre of Jun

Ingredients:

- 4 cups of filtered water
- 2-3 green tea bags
- ½ cup honey preferably raw honey
- ½ cup of Jun starter tea or to start with I have used kombucha.
- 1 SCOBY (Symbiotic Culture Of Bacteria and Yeast)

Instructions:

- Boil the water and steep the green tea bags for 5-7 minutes.
- Remove the tea bags and stir in the honey until dissolved.
- Allow the tea to cool to room temperature.
- Transfer the cooled tea to a glass jar and add the Jun starter tea and SCOBY.
- Cover the jar with a cloth and secure with a rubber band.
- Store the jar in a dark, warm place above 20 degree C. for 3 to 7 days. Jun can brew really quickly in warm temperatures.
- Remove the SCOBY and store the Jun in the refrigerator.

Health Benefits:

- Contains probiotics
- Rich in B vitamins (B1, B2, B6, and B12)
- Contains digestive enzymes
- Supports digestion and energy production