What You’ll Need:

IN THIS KIT:
- Organic chia seeds
- Organic pumpkin spice
- Organic crystallized ginger
- Organic cane sugar packets
- Nylon mesh strainer
- Grolsch flip-top bottles
- Jar tags

YOU SUPPLY:
- Finished kombucha
- Funnel
- Other flavorings, as desired

Find these instructions & more online: culturesforhealth.com/8043
**Step-by-Step Instructions**

1. **ASSEMBLE THE BOTTLES**
   - Put the cap on the grolsch bottle and adjust it so that the two prongs touch the bottle and the semicircular closure points up. Push one prong into a hole on the side of the bottle, and repeat with the other prong. To seal the bottle, push down hard on the closure.

2. **PREP YOUR FLAVORINGS**
   - Pick your flavor! This kit includes ingredients to flavor kombucha 3 ways: Ginger, Chia Seed, and Pumpkin Spice. See the chart below.
   - Mince solid flavorings like crystallized ginger and fruit small enough to go easily into (and out of!) the bottles. Add flavorings to the bottles.
   - **Added sugar is optional**, but it provides food for the kombucha to create carbonation. One sugar packet is 1 tsp. sugar. You can replace it with the same amount of maple syrup or honey, if desired.

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### KOMBUCHA FLAVORS
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**GINGER**
- 2-5 pieces minced crystallized ginger
- 1 packet sugar

**CHIA SEED**
- 2-3 Tbsp. chia seeds
- 1 packet sugar (optional)

**PUMPKIN SPICE**
- 1-3 pieces minced crystallized ginger
- ¼-½ tsp. pumpkin spice
- 1 packet sugar

**LEMON GINGER ZINGER**
- 1-3 pieces minced crystallized ginger
- 1 packet sugar

**CLEAN GREEN**
- 2 tsp. greens powder
- 1-2 Tbsp. fresh lemon juice

**STRAWBERRY**
- 4-6 minced strawberries or other berries
- 1 packet sugar

**APPLE CINNAMON**
- 2-3 Tbsp. fruit or vegetable juice
- ¼ apple, diced or 3 Tbsp. apple juice
- ½ tsp. cinnamon chips
- 1 packet sugar

**CHOCOLATE RASPBERRY**
- 1 Tbsp. raspberry jam
- ½ tsp. cocoa powder

**CITRUS**
- ¼ orange grapefruit
- 1 packet sugar

**JUICE**
- Avoid artificially sweetened juices

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3. **FILL**
   - Fill the bottles with kombucha, leaving 1 inch of space. Close the bottles, and label them with tags.

4. **CULTURE**
   - Culture the kombucha in a warm spot until it’s bubbly, 2-7 days. We recommend burping the bottles daily to avoid over-carbonation. Refrigerate once your kombucha is fizzy.

5. **SERVE & ENJOY**
   - Use caution when opening the bottles! Put a towel over the bottle and push down on the cap while opening. If desired, strain the kombucha before drinking. Enjoy your homemade kombucha! For more bottling tips & more flavoring ideas, visit: Culturesforhealth.com/bottling-kombucha

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