CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Ginger Kombucha

Fermented Beverage & Digestive Routine Support

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What This Supports: Digestive Routine • Low-Sugar Beverage Swap • Fermented Foods Variety

Why It Works: Kombucha contains organic acids produced during fermentation. Adding ginger contributes pungent compounds traditionally used to support digestion and reduce nausea for some people. Keep servings modest to reduce added sugar intake from sweetened versions.

Tools Needed:

- Clean glass jar(s) with lid
- Cutting board + knife
- Measuring spoons/cups
- Clean spoon
- Paper towel or cloth (if needed)

Ingredients:

- 1 SCOBY
- 450
- 500 ml kombucha
- 8 tea bags (at least four with caffeine)
- 4
- 5 litres filtered or spring water
- 1 cup sugar
- Ginger

Directions:

1. 1. Prepare kombucha base.
2. Boil 4
3. 5 litres of water. Remove from heat and add tea bags. Set aside until completely cooled.
4. Remove tea bags and add in sugar. Stir until dissolved.
5. Transfer tea to glass jug and add in kombucha and SCOBY.
6. Set, covered, on counter for 10
7. 30 days, tasting occasionally. (I place mine in a reusable shopping bag and cover with a towel)
8. Once it’s at desired taste transfer to jars and store in fridge or flavour it.
9. Flavour kombucha
10. Fill bottom of jar with flavour of choice (in this instance, sliced ginger, but you could also

use fruits, spices, or other ingredients of choice).
11. Fill jar with kombucha base, leaving 1 inch room at the top.
12. Put on tightly fitting lid and set, covered, on a counter for 4
13. 7 days.
14. Will keep in the fridge for up to 6 months.

Best Use:

Use as a soda replacement (small servings). Best paired with meals rather than on an empty stomach if you're sensitive.

Food Safety & Quick Notes:

• Use food-safe glass and follow hygienic SCOBY handling practices.
• Avoid over-fermentation that creates excessive pressure during secondary fermentation.
• If you're pregnant, immunocompromised, or sensitive to histamines, consult a clinician before using kombucha regularly.
• Not medical advice.

Storage:

Refrigerate after bottling. Open carefully (pressure). Best within 1–2 weeks.