



FROM
KOMBUCHA KAMP

*Back-to-School lunch recipes
for kids (and the whole family!)*



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Intro



As summer draws to a close, we focus on fueling our kids' bodies and minds with delicious bacteria-powered beverages and fantastic fermented foods as they gear back up for school.

This year it's especially important to stay healthy, so we've packed in some immune-boosting treats! Share which recipes you whip up for your kids' lunches and after school snacks on social media and tag @kombuchakamp.

Facebook | Instagram | YouTube

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01

B A C T E R I A -
P O W E R E D
T H I R S T
Q U E N C H E R S

01

Thirst Quenchers

Kids love the soda-like fizz that comes from fermented beverages. When you create concoctions like these, they'll be more focused on the yummy flavors than the fact that their drink is also good for them!



Back 2 Skool #FaveFlavs for Kombucha, JUN & Water Kefir

Here are some of my #faveflavs for back to skool time. Of course, *The Big Book of Kombucha* (TBBok) has another 200+ to inspire you.



“How to Use #FaveFlav Recipes”

**All recipes listed are per 16oz bottle.
Refer to TBBoK for gallon sized recipes.
If using fresh flowers or herbs, double
the amount listed in the recipe (unless
the fresh version is what's called for).**

**We recommend infusing flavors for 24 to
48 hours, then strain into clean bottles
where they may continue to age at
room temperature (provided they are
stored safely to prevent any accidents)
or in the fridge.**

***Need to know how to brew up the
booch, JUN or water kefir?
Check the Resources section below.***



Pumpkin Spice

***Recipe:**

- ¼ tsp. cinnamon bark chips
- ⅛ tsp. nutmeg
- ¼ tsp. ginger



Perry Cherry

***Recipe:**

- ¼ cup pear, chopped
- 1 Tbs. cherries, halved



Carrot Turmeric Ginger

***Recipe:**

- 1 Tbs. carrot juice
- ½ tsp. turmeric
- ½ tsp. ginger



Elderberry Immune Booster

****Recipe:***

- 1 tsp. elderberries, dried
- 1/8 tsp. schizandra berries, dried
- 1/4 tsp. ginger
- 1/4 tsp. cinnamon bark chips



Root Beer Kefir Soda

****Recipe:***

- 2 tsp. sassafras bark, chopped
- 1 tsp. sarsaparilla bark, chopped
- 2 tsp. wintergreen leaf, dried
- 1 tsp. vanilla bean, chopped

****Instead of purchasing ingredients separately,
you could instead purchase our
Root Beer Flavoring 4-Pack!***



02

B A C K T O
S C H O O L
N O M N O M S

02

Back to School

Nom Noms



Going back to school this year is even more exciting than usual - it has been awhile since the kids have seen all their friends and teachers in person. Let's also get them excited about a healthy and delicious lunch lovingly prepared by you!



Kombucha Sourdough Bread

Your kids will love the unique flavor and added tang in this homemade bread brought on by the Kombucha yeast!

Recipe (Yield 1 Loaf):

- 3 cups of Kombucha sourdough starter
- 4 cups of flour – wheat, rye, spelt or combination
- 1 tbsp sea salt ([Amazon](#))
- ½ cup of filtered water

Instructions:

1. Starter should be room temperature and have been recently fed.
2. Combine starter, salt and water in a large bowl and mix until the salt has dissolved.
3. Slowly mix in the flour. It may be easier to use your hands.
4. If the dough is too thick, add more water. The dough should be soft and easy to work.
5. Knead in the bowl for 10-15 minutes.
6. Shape into a loaf. Avoid pressing down on the dough to do this. Place in a buttered loaf pan.
7. Cut a few slits in the top of the loaf.
8. Cover with a cloth and let rise 4-12 hours (depending on temperature)
9. Once it has doubled, then bake at 350 degrees for an hour.
10. Allow to cool before slicing.
11. It will keep for up to a week without refrigeration.

****adapted from the Nourishing Traditions Cookbook by Sally Fallon***



Fermented Sandwich Ideas

**Apricot Tasty Paste (recipe on pg.20)
+ Nut Butter**

**Fermented Mayo (recipe on pg.17) +
their favorite fillings like fermented
meats such as corned beef or salami -
and naturally fermented cheese!**

Tuna salad made with Fermented Mayo



Schmears

Extra Rich Fermented Mayo

Sure, mayonnaise is readily available at the store, and we think that once you try this recipe you'll never go back! It requires lots of whisking and a bit of patience, and you'll see the end result is well worth it. I just love the extra richness provided by the butter. If you have a food processor, it will make this task much easier but it's completely doable by hand.

**Recipe (Yield 2 cups):*

- ½ cup (1 stick) butter, room temperature
- 4 large egg yolks, room temperature
- 1 tsp. ground mustard
- 1 tsp. salt, plus more to taste
- ½ cup extra virgin olive oil
- ½ cup Kombucha vinegar ([TBBok](#) page 256)
- ½ cup freshly squeezed lemon juice
- ½ cup sunflower oil
- Freshly ground white pepper ([Amazon](#))

Continued on next page...

Extra Rich Fermented Mayo

Instructions:

1. Put the butter in a medium bowl, and lightly beat with a mixer or fork until it's creamy.
2. In a separate bowl, whisk together the egg yolks, mustard, and salt; add the mixture to the butter and blend well.
3. Slowly add the olive oil, drop by drop, whisking constantly until the mixture begins to thicken.
4. Whisk in the Kombucha vinegar and lemon juice; then add the sunflower oil in a very slow, thin stream, whisking constantly, until well blended. If at any time it appears that the oil is not being incorporated, stop adding oil and whisk vigorously until the mixture is smooth, then continue adding oil.
5. Whisk in salt and white pepper to taste.
6. Store the mayonnaise in an airtight container in the fridge, where it will keep for up to 3 weeks



Kefirific Ranch Recipe

Ranch is hard not to love. It's rich, creamy, and full of herbal goodness. It's also famous for getting kids to eat their veggies! Instead of buying the chemical-laden version at the store, now you can make your own. We recommend using it as a dip with the lactofermented carrot sticks (recipe below) and of course it goes great with pizza, salad, and just about anything.

**Recipe (Yield 1 cup):*

- ½ cup kefir or buttermilk (or swap ½ cup milk + 1 Tbs. Kombucha)
- ¼ cup Extra Rich Fermented Mayonnaise (see recipe on p.17)
- ¼ cup sour cream or kefir cheese (recipe in the Lacto-Fermented Sodas Guide - free with purchase of kefir grains)
- 1 garlic clove, finely minced or microplaned
- 1 Tbs. kombucha vinegar ([TBBok](#) page 256)
- 1 tsp. finely chopped fresh tarragon, dill,
- parsley, scallions, or celery leaves
- ½ tsp. Kombucha Mustard ([TBBok](#) page 268)
- A few dashes of Tabasco or another vinegar-based hot sauce

Instructions:

1. Combine the buttermilk (or kefir), mayonnaise, sour cream, garlic, vinegar, tarragon, mustard, and Tabasco in a small bowl and whisk together.
2. Cover and chill in the fridge for at least 30 minutes to allow the flavors to set. To thicken the dressing, add equal amounts of sour cream and mayonnaise. To thin it, add more Kombucha vinegar.
3. Store the dressing in the fridge, where it will keep for 1 week before the flavors start to change as the cultures age.



Apricot Tasty Paste

Until recently (at least in the US), miso was only seen as a soup flavor at your favorite sushi joint. Now, chefs from all over the world are embracing this ancient Chinese umami-rich ingredient. Blending sweet fruits like apricots with miso will give kids the salty-and-sweet combo they love, along with a depth of flavor they will crave. You can certainly eat it without aging it, but we strongly encourage you to wait!

Recipe (Yields about 1/2 pint):

- ½ cup light miso, sweet white miso, or sweet miso formula ([Amazon](#))
- ½ cup dried, unsulphured apricot paste - [Make Your Own \(Amazon\)](#)

Instructions:

1. Place the apricots in a food processor and process to a paste.
2. Add the miso and pulse until well mixed. Scoop into a pint jar, taking care to press as you go to avoid creating air pockets. Use a butter knife to work out air pockets as needed. Press and smooth that top.
3. Tighten lid on the jar and place on the counter at room temperature (around 70°F/21°C).
4. Burp the jar after 5-6 days by quickly loosening and tightening the lid.
5. After 2 weeks it is ready. It will keep changing as the enzymes work on the sugar. Continue to age, or store in the fridge to slow down fermentation.

**Recipe from the book "Miso, Tempeh, Natto, & Other Tasty Ferments"
by Kirsten K. Shockey and Christopher Shockey*



03

S N A C K
A T T A C K

03

Gummy 'Bucha Bears

Modern day gummy bears are loaded with artificial dyes and flavorings, but when made at home, they can be a delicious *and* nutritious treat!

Choose between gelatin (strong bones, anyone?) or agar agar (which comes from red algae - hooray for sea vegetables!) - we also love doing half fruit / half vegetable mixes to add a depth of flavor (along with a nutrient boost!). Feel free to use all fruit if your kids would prefer.

**Recipe (Yields 2 cups):*

- 2 cups mixed diced fruit & veggies (e.g., half strawberries/half beets or half carrots/half mangoes)
- 1¼ cups fruit-flavored Kombucha
- 6 tablespoons beef gelatin ([Amazon](#)) or 1 tablespoon powdered agar ([Amazon](#))
- ¼ cup honey, cane sugar, or maple syrup

Instructions:

1. Purée the fruit and veggies with ½ cup of the Kombucha in a blender until smooth.
2. Pour an additional ½ cup of Kombucha into a small bowl, sprinkle in the gelatin, and let sit for 5 minutes. To prevent clumping, sprinkle the gelatin granules evenly across the surface.
3. Heat the remaining ¼ cup Kombucha in a medium saucepan over low heat until it is just warm to the touch.
4. Add the honey and stir until it is completely dissolved. Pour the warm Kombucha over the gelatin mixture. Add the puréed fruit and stir to combine.
5. Pour the mixture into a silicone candy mold, onto lightly oiled ice cube trays, or onto a sheet pan lined with parchment paper, spreading it to make a ¼-inch-thick layer.
6. Place the gelatin in the fridge and let chill for about 30 minutes to set. Then remove from the mold or trays or cut into bite-size pieces.
7. Store the candy in an airtight container in the fridge, where it will keep for up to 2 weeks.



Fermented Carrot Sticks

Carrots' crunchy, firm texture make them a forgiving ferment even for beginners. As this vegetable is a root, it's designed to suck up water and minerals from its surroundings, meaning it will soak in whatever flavors you choose to add! Feel free to play around with the herbs and/or spices you use.

**Recipe:*

- 1 pound carrots, tops removed and cut into sticks
- 2 garlic cloves, slightly crushed
- 2 teaspoons dill seeds
- 1 teaspoon black peppercorns
- 1 teaspoon Celtic sea salt ([Amazon](#))
- 1 dill head or sprig of dill leaves (optional)
- ½ cup Kombucha vinegar (see [TBBok](#) for recipe) or apple cider vinegar
- Water, to top off

Instructions:

1. Stand the carrot sticks up in a 1-quart glass jar. Add the garlic, peppercorns, salt, and dill.
2. Pour in the Kombucha vinegar (or ACV). Add enough water to fill the jar, leaving ½ inch of headspace.
3. Seal tightly and let sit in a cool, dark place for 4 to 6 days, until the carrots soften. When they reach your preferred flavor and texture, move the carrots to the fridge.



Fruity KombuCHIA Pudding

Chia's fun, slippery texture is loved by kids - and its nutritional value is loved by parents! This highly nutritious seed has been cultivated in Mexico since Mayan and Aztec times. KombuCHIA pudding will give your kids a boost for getting some playtime in before dinner - or to help them finish their homework!

**Recipe (Yields ¼ cup of gel, enough for several servings):*

- 2 cups fresh or frozen fruit (berries, peaches, plums), chopped
- ½ cup Kombucha
- 3 tablespoons chia seeds
- 2-3 tablespoons honey.
- ¼ teaspoon salt

Flavoring suggestions: Mix & match to create your own flavor!

- 2 sprigs fresh mint
- ¼ jalapeño, seeded and diced
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ⅛ teaspoon ground allspice
- ⅛ teaspoon ground cloves

Instructions:

1. Combine the fruit, Kombucha, chia seeds, honey, and salt in a blender, along with any other seasonings you might want.
2. Purée until the mixture reaches the desired consistency. The more the chia seeds are ground up, the stiffer the gel.



Granola with Kefir

Kefir pairs perfectly with granola because it has a thinner consistency than yogurt, yet boasts a much higher microbial diversity. Traditionally it was transported throughout the Caucasus mountains in bags made of animal hides and drunk plain, but nowadays people flavor it and use it much like yogurt.

**Recipe (Yields 1.5 cups):*

- ½ cup of your favorite granola (homemade or store-bought)
- ½ cup kefir
- ½ cup fresh fruit or fruit preserves
- 1 tsp. honey (optional)

Instructions:

1. Pour your granola in the bowl and pour the kefir over it.
2. Top with fresh fruit or preserves. If your kids need a bit of sweetness, feel free to add a bit of honey.



Lovely Kombucha

Fruit Leather

****Recipe (Yields 10-12 pieces):***

- 2 cups diced fruit (strawberries, peaches, pears)
- ¼ cup sugar
- 2 cups puréed SCOBY
- 1-2 teaspoons spices or herbs (optional, but we love are basil, cinnamon, cloves, nutmeg, and thyme)

Instructions:

1. Combine the fruit and sugar in a medium saucepan over med. heat.
2. Cook, stirring frequently, until the fruit and sugar are thoroughly broken down and combined, about 10 minutes.
3. Add the fruit mixture and SCOBY purée to a blender, along with the spices, and pulse until the mixture has the texture of applesauce and all the ingredients are combined.
4. Spread the mixture onto wax paper or silicone dehydrator sheets in a layer about ¼ inch thick.
5. Dehydrate for 12 to 36 hours. If you're using a dehydrator, use the lowest setting (95–110°F [35–43°C]). If you're dehydrating in an oven, set it to its lowest temperature and prop the door open.
6. Once the mixture is dried and no longer sticky, gently remove from the wax paper. If the leather is difficult to remove from the wax paper, stick it in the freezer for 10 to 15 minutes; then peel off.
7. Cut leather into strips (can be rolled up or cut into bite-size pieces).
8. Store in an airtight container at room temperature; they will keep indefinitely but might dry out over time.



04



R E S O U R C E S

04

Resources

Recipe Links

- www.kombuchakamp.com/kombucha-recipe
- www.kombuchakamp.com/jun-tea-recipe-flavoring-continuous-brew
- www.kombuchakamp.com/water-kefir-recipe
- www.kombuchakamp.com/milk-kefir-recipe
- www.kombuchakamp.com/kombucha-recipe-sourdough-kombucha-bread-starter-plus-more-recipes
- www.kombuchakamp.com/?s=root+beer

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