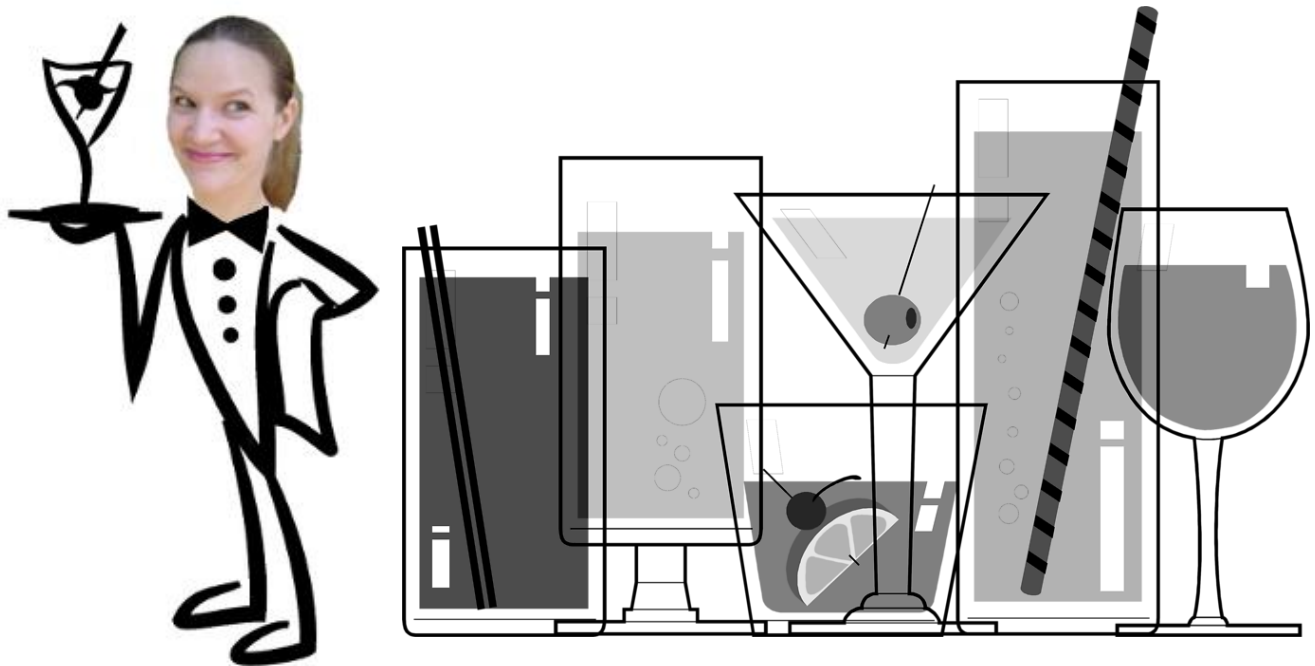




## *DIY Guide to* **Kocktails & Mocktails!**

*Featuring:*

- 2 Kombucha Shrub Recipes
- 7 Kombucha **Kocktail** Recipes
- 5 Kombucha **Mocktail** Recipes
- Kombucha Brewing, Bottling & Flavoring Basics Too!



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in a living form will prevent or lessen any potential hangover. The only limit to the infinite number of cocktails/mocktails is your imagination!

## Affiliate Link Notice

As a small, family business that operates an informational blog with ZERO ads (no popups, slow loading or annoying videos), we rely on sales of our own products at the [Kombucha Kamp store](#) along with earning affiliate commissions from trusted partners. We prefer to shop directly from other independent businesses.

The price to you remains the same, AND Kombucha Kamp may receive a small commission in exchange for referring you to our trusted partners. We appreciate your support!

## Supplies

A well-stocked bar makes it easy to prep the **Cocktails & Mocktails** covered in this guide. Here are some of the supplies that you will need to make these tasty quaffs. [Barproducts.com has everything you could need from glassware to shakers.](#)

### Glassware

**Rocks** – a short tumbler used to serve drinks over ice that typically holds 6-10 fluid ounces of liquid.



**Martini** – also known as a cocktail glass, it has the classic cone shape supported on a stem and holds about 4.5 fluid ounces though oversized martini glasses are also readily available from any home goods store.

**Tall** – this can be either a Collins glass or a highball glass both of which accommodate 10-14 fluid ounces.



## Bar/Kitchen Tools



[1 Copper Plated Bar Set](#)

**Cocktail shaker w/strainer** – an essential piece of equipment for any bar, usually made of stainless steel, it makes it easy to mix all of the ingredients into a uniform flavor. It also cools the drink when ice is added so that ice is not needed in the glass.

**Zester** – hand-held tool useful for creating fine shavings of citrus rind or ginger for additional flavor and flair.

**Paring knife** – a small, sharp knife to easily create wheels and slices for garnish.

## Ingredients

**Flavored Kombucha** – unflavored Kombucha can be substituted if other flavorings can be added directly to the drink as it is mixed. Store bought and homebrew will yield different flavor profiles – try many types to find the flavors you like best.

**Kombucha Shrubs** – See below.

**Kombucha Vinegar** – See below.

**Favorite alcohol** – the Kocktails in this guide feature gin, vodka, merlot and bourbon though other substitutions are certainly welcome. Top shelf brands will make for a smoother tasting Kocktail.

**Fresh fruit or herbs** – for garnish or to add more flavor. Each recipe indicates which herbs, fruit, veggies or meat would be most appropriate as a garnish for fun and flavor. Tips for flavoring home-brewed Kombucha are also included in this guide.



### *Kombucha Flavors featured in these recipes (per 16oz serving)*

**Apple Pie** = ¼ cup diced apple pieces or 2 teaspoons apple juice; ½ teaspoon chai spice blend

**Ginger** = ½ teaspoon dried ginger pieces or ¼" thumb of ginger diced

**Pineapple** = 1 pineapple wheel, diced or 1 tablespoon of pineapple juice

**Pink Lemonade** = 2 strawberries, diced; squeeze of lemon juice and pinch of hibiscus flower petals

**Raspberry** = 4 raspberries, crushed (frozen or fresh)

## Kombucha Vinegar

Kombucha Vinegar is essentially old Kombucha that has gotten too sour. We can increase the strength of the vinegar by adding more sugar after it is sour and allowing it to ferment longer. Most types of commercial vinegar are diluted to 4-8% strength but Kombucha vinegar is milder coming in around 2% so more KV may be required to get the level of bite you are looking for. This is reflected in the shrub recipes wherein 2 cups of KV are called for whereas 1 cup of distilled vinegar would suffice if no KV is handy.



### Supplies

- ✓ 1 gallon Kombucha Tea – aged 2+ weeks
- ✓ ¼ cup of sugar

### Recipe

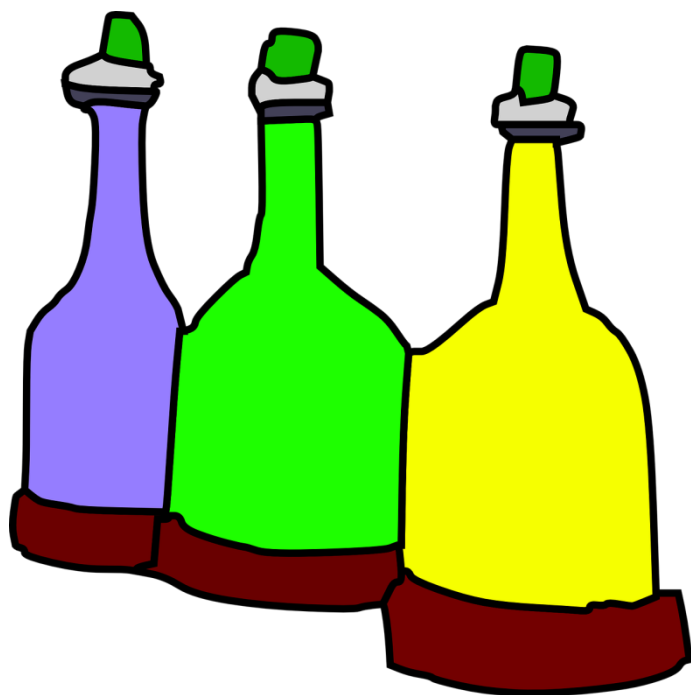
Old Kombucha will already be sour but if you want to pump up that acetic bite, simply add ¼ cup of sugar to the aged Kombucha. Allow it to ferment for another 2-4 weeks. To continually increase sourness, add another ¼ cup of sugar every 2-4 weeks until the desired vinegar is reached. Flavor with garlic or herbs as desired.





# Shrubs

Popular in Victorian times, shrubs are a delicious and inventive way to preserve excess fruit so it won't go bad and may still be enjoyed even when it's out of season. Sugar and vinegar, both natural preservatives, are used together with the fresh fruit to create concentrated syrup that is then diluted in sparkling water or added to other beverages.



The word shrub comes from the Arabic and means syrup! They are also credited with helping sailors survive long sea journeys by preventing scurvy. For these recipes, we use Kombucha Vinegar which yields a lighter shrub than those made with other types of vinegars.

## Cold Shrubbing

There are 2 different ways in which shrubs are made – hot process or cold process. To maintain the highest nutritional value, we cold shrub.

Ratio for making shrubs is always 1 cup fruit: 1 cup sugar: 2 cups Kombucha Vinegar. Experiment with different fruit and herb combinations to invent your own unique mixers and drink syrups. Shrubs keep for several months at room temperature or indefinitely in the refrigerator.

## Supplies Needed per Shrub

- ✓ 1 quart glass container
- ✓ Fresh Fruit, Herbs
- ✓ 2 cups Kombucha Vinegar
- ✓ Plastic lid
- ✓ Strainer and/or cheesecloth

*Kombucha Mamma Sez...*

*"Kombucha Vinegar shrubs have a sweet yet tangy appeal and bring zest to any drink!"*





## How To Make A Shrub

*Yields 3 cups*

1. Add shrub ingredients to a clean glass jar.
2. Add 1 cup sugar.
3. Using a spoon or kraut pounder, mash the sugar and fruit/herbs together until the sugar is evenly mixed with the other ingredients.
4. Cover with plastic lid (no metal). Let sit for 24-48 hours in the fridge.
5. Squeeze the fruit through a sieve or strainer to recapture as much sugar liquid as possible.
6. Pour the salvaged sugar liquid back into the quart jar.
7. Add 2 cups of Kombucha Vinegar.
8. Stir to dissolve all of the sugar in the liquid.
9. Store in the refrigerator until ready to use.

### Beet Lemon Kombucha Vinegar Shrub

#### Ingredients

- ✓ 1 cup beets, sliced
- ✓ ¼ cup lemons, sliced – peels intact



*Kombucha Mamma Sez...*

*"We dehydrated the left over, sugared lemons and peels to make a healthy, Vitamin C rich treat which doubles as a great garnish!"*

### Lemon Lavender Kombucha Vinegar Shrub

#### Ingredients

- ✓ 1 cup lemons, sliced – peels intact
- ✓ ¼ cup of lavender flowers & leaves



## Kombucha Kocktail Recipes

Kombucha Kocktails are like having a little “antidote” to counteract your “poison.” While alcohol does have a medicinal effect, everyone who has ever had a few too many knows firsthand that it can also leave the body depleted and feeling not so hot (Balance is key – drink responsibly!).

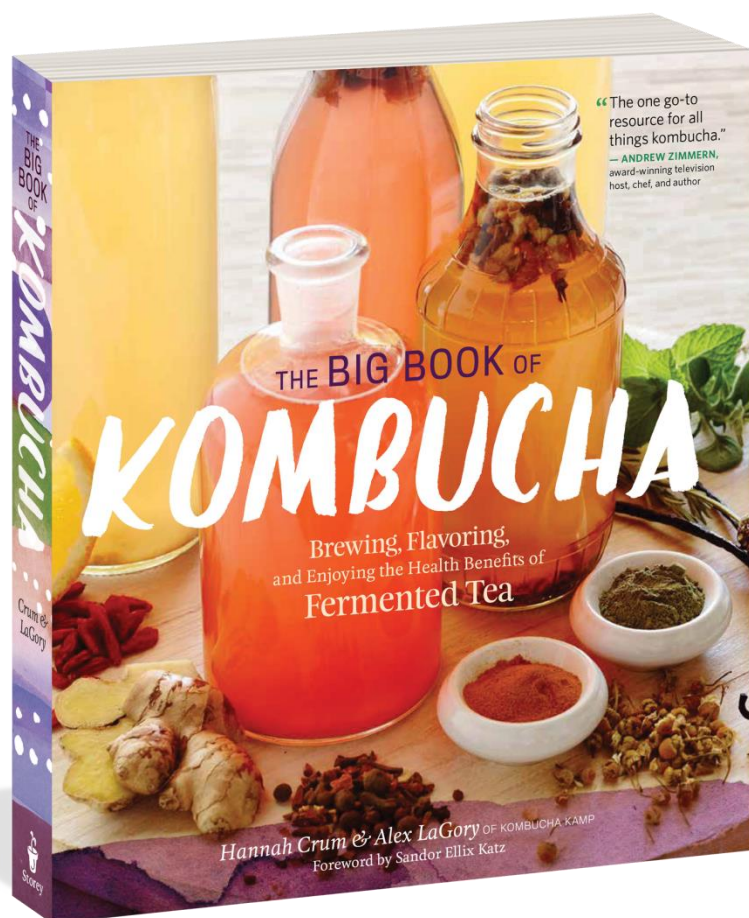
Kombucha is fermented tea. Just as the L-theanine in tea balances the negative effects of the caffeine, so to do Kombucha’s trace amounts of B vitamins and healthy acids balance the impact of the small amounts of alcohol that may be present as a natural part of the fermentation process. That’s why it is essentially impossible to get buzzed from drinking just Kombucha.

Moreover, when added to a cocktail, Kombucha reduces the negative impact of the alcohol it’s mixed with because it supports healthy liver function! Not to mention it is incredibly tasty and refreshing making Kombucha Kocktails a WIN! WIN! WIN! (Your liver is jumping for joy!)

Use these recipes as a jumping off point for creating your own unique Kocktails and flavor creations. Substitute Kombucha Shrubs or Kombucha (store bought or homebrew) to create healthy, refreshing drinks at home.

☺ **Are you the designated driver or don’t consume alcohol?** ☺

☺ **Check out the Mocktails beginning on page 17!** ☺



**Want more recipes for cocktails, mocktails, cooking, flavoring, and every other Kombucha Tea and SCOBY use out there?**

**You need  
The Big Book of Kombucha!**

**Whether you’re an experienced Kombucha maker or just starting out on your journey, this book has everything you need for a successful brewing experience.**

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## Kombucha Mule

Ginger is the most popular flavor of Kombucha, so let it shine in this healthy twist on a popular bar favorite.

### Ingredients

- ✓ 1.5 ounces vodka
- ✓ 4.5 ounces Ginger Kombucha
- ✓ ½ lime
- ✓ Lime wheel, mint or basil leaves for garnish
- ✓ Ice cubes

### Instructions

1. Fill a highball glass or copper mug with ice.
2. Add vodka and Kombucha.
3. Squeeze the lime juice into the glass and swirl gently to combine the flavors.
4. Top with a few leaves of mint, basil and/or a lime wheel.



2 [Click here to shop copper mugs & glassware](#)

### Optional twists:

- *Muddle the basil or mint leaves in the glass prior to adding the liquids.*
- *For a sweet-tart dash of flavor, coat the rim of the glass in lime juice and swirl in a plate of sugar.*

## Vanilla Passion

The smoky, sweet flavors of vanilla and bourbon are the perfect backdrop for this sultry Kocktail that ignites the imagination.

### Ingredients

- ✓ 2 ounces bourbon
- ✓ 4 ounces Vanilla Dream Kombucha
- ✓ 1 teaspoon of simple syrup
- ✓ 2 dashes bitters
- ✓ Ice cubes
- ✓ 2 Orange Wheels
- ✓ 1 1-inch piece of vanilla bean



### Instructions

1. Muddle 1 orange wheel, the vanilla bean and bitters in a rocks glass.
2. Remove orange and add bourbon and ice cubes.
3. Top with Vanilla Dream Kombucha.
4. Garnish with fresh orange wheel.

*Kombucha Mamma Sez...*

*"Kombucha, like many finely fermented beverages, can be an acquired taste.  
If at first you don't find your flavor, keep sipping!"*



## Strawberry BelliBoochini

Strawberries give this cocktail a pretty pink hue and the booch keeps the champagne hangover at bay! Use frozen strawberries for a summer treat.

### Ingredients

- ✓ 1 cup of hulled strawberries
- ✓ 8 ounces Pink Lemonade Kombucha
- ✓ 1 750ml bottle of dry sparkling wine or champagne
- ✓ 4-6 whole strawberries for garnish

### Instructions

1. Add strawberries and 2 ounces of Kombucha to a blender and blend until smooth.
2. Strain puree through sieve or cheesecloth to remove large seeds (optional step).
3. Add 1 ounce of strawberry puree to the glass.
4. Top with 1 ounce of Pink Lemonade Kombucha & 4 ounces of sparkling wine.
5. Garnish with whole strawberry.



## Earth to Kosmo

This Kosmo takes its ruby hue from the earthiest of all root veggies and simply can't be beet!

### Ingredients

- ✓ 3 ounces Beet Lemon Kombucha Vinegar Shrub
- ✓ 2 ounces vodka
- ✓ 1 ounce sparkling water
- ✓ Ice cubes
- ✓ Lemon squeeze
- ✓ Lemon rind



### Instructions

1. Add ice, vodka, Beet Lemon KV Shrub to shaker.
2. Shake and strain into martini glass.
3. Top off with sparkling water and lemon squeeze.
4. Garnish with lemon twist or lemon zest.

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## Apple Pie-tini

Apple Pie Kombucha tastes as delicious as it sounds, but without the calories of actual apple pie! Mix with your favorite gin or vodka for a comforting cocktail with warming spices.

### Ingredients

- ✓ 1.5 ounces vodka
- ✓ 1.5 ounces Apple Pie Kombucha
- ✓ Ice cubes
- ✓ Apple slice for garnish
- ✓ Dash of cinnamon for garnish

### Instructions

1. Add ice, vodka, and Apple Pie Kombucha to shaker.
2. Shake and strain into martini glass.
3. Top off with apple slice and dash of cinnamon.



*Kombucha Mamma Sez...*

*"The healthy bacteria and yeast in Kombucha are not compromised by the alcohol in the cocktails. That is why they continue to have a positive effect on the body and help prevent hangovers."*



## Lavender Lemon Drop

Lemon and lavender refresh the palate and enliven the senses in this exotic floral citrus delight!

### Ingredients

- ✓ 1 ounce Lemon Lavender Kombucha Shrub
- ✓ 2 ounces vodka
- ✓ 3 ounces sparkling water
- ✓ Lavender bud
- ✓ Lemon wheel

### Instructions

1. Add ice to rocks glass.
2. Add shrub, vodka and water – stir gently to combine.
3. Garnish with lavender bud and lemon wheel.
4. Alternatively, prepare in a shaker and strain into a martini glass.



## Wine Down

Mellow out with this tasty wine cocktail. Different types of fruity Kombucha yield luscious combinations.

### Ingredients

- ✓ 5 ounces Merlot or other fruity red wine
- ✓ 2 ounces Raspberry Kombucha
- ✓ 1 ounces Chambord (optional)
- ✓ Ice cubes
- ✓ Fresh raspberries

### Instructions

1. Add ice, wine and Raspberry Kombucha to shaker.
2. Shake gently and strain into a martini glass.
3. Top off with float of Chambord or other fruity liqueur if desired.
4. Garnish with fresh raspberries or strawberries.



Want more Kocktail Recipes? Head over to the Kombucha Kamp blog for more tasty ideas – then [send us your favorite recipes](#) to be featured in future blog posts!

- [Blue-Bucha-Rita](#)
- [Dark & Devoted](#)
- [Twisted Bliss](#)

Kombucha makes for a delicious and deeply flavorful beverage that can replace a myriad of alcoholic beverages. Whether you are the designated driver or simply wish to keep your wits about you, enjoying a Kombucha Mocktail adds feel-good fun and zest to any occasion. Here are some of our favorite ways to indulge without the extra ABV!

Any of the recipes in the Kocktail section can be made into mocktails by simply omitting the alcohol and adding more Kombucha. We've included some other fun mocktails to try at home. Let us know which one(s) you like the best!



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~Adam Gallegos,  
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"We were able to launch our brand with confidence."  
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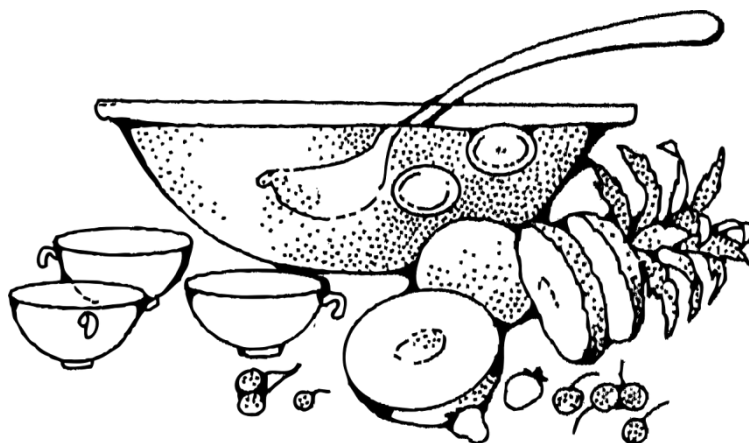
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## Sangria sin Vino

The jewel tones of the Beet Lemon Shrub and red grape juice give this “bloody” beverage its signature rich hue while imbuing real blood boosting properties. Make a pitcher and allow the fruit to soak overnight for an authentic sangria experience.

### Ingredients

- ✓ 4 ounces Beet Lemon Kombucha Shrub
- ✓ 4 ounces Red or White Grape Juice
- ✓ Splash of sparkling water
- ✓ 1/8 cup of apples, pears or other crisp fruit, diced
- ✓ 1 Orange Wheel



### Instructions

1. In a tall glass, add fruit pieces then top with shrub and juice.
2. Add a splash of sparkling water for fizz and garnish with an orange wheel.

## LavendeRita

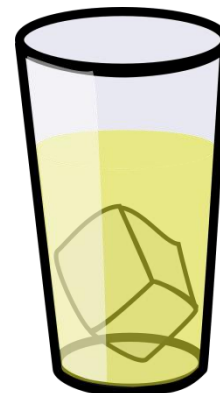
The soothing properties of lavender combine with the palate cleansing power of lemon to create a drink so satisfying you won't even notice its non-alcoholic.

### Ingredients

- ✓ 4 ounces Lemon Lavender Kombucha Shrub
- ✓ 2 ounces sparkling water
- ✓ Salt & sugar, for rim
- ✓ Lavender bud

### Instructions

1. Rim a martini or rocks glass with a combination of sea salt and sugar.
2. If making a martini style mocktail, add ice cubes to a shaker and strain into the rimmed glass.
3. If enjoying over rocks, pour the shrub over ice.
4. Garnish with lavender bud.



## Blessed Bloody Booch

Enjoy this garden in a glass for brunch or anytime you are craving spicy tomato punch.

### Ingredients

- ✓ 4 ounces Spicy Cuke Kombucha
- ✓ 4 ounces tomato or vegetable juice
- ✓ Dash of hot sauce or dab of horseradish paste
- ✓ 2 dashes of Worcestershire sauce
- ✓ Celery stick or pickle garnish



### Instructions

1. In a tall glass, add a dash of hot sauce or horseradish and a couple dashes of Worcestershire to a tall glass.
2. Fill halfway with tomato or vegetable juice, then top off with Spicy Cuke Kombucha.
3. Using a long straw or swizzle stick, gently stir to combine.
4. Add more hot sauce, fresh ground pepper or horseradish to taste and garnish with celery stick or pickle spear.

## Cucumber Cooler

Summertime and the sipping is easy with this crisp cucumber and minty fresh ginger soft drink.

### Ingredients

- ✓ 6 ounces Ginger Kombucha
- ✓ 3 cucumber slices
- ✓ 4 mint leaves



### Instructions

1. In a rocks glass, muddle 2 slices of cucumber with the mint leaves.
2. Add ginger Kombucha and garnish with remaining cucumber slice.





## Coco-lada

This tropical treat will beat the heat with thirst quenching coconut and pineapple.

### Ingredients

- ✓ 4 ounces coconut water
- ✓ 4 ounces Pineapple Kombucha
- ✓ Pineapple wheel

### Instructions

1. Fill strainer with ice, coconut water and Pineapple Kombucha.
2. Gently strain into tall glass and garnish with pineapple wheel.



**We hope this short guide shows you how easy it is to make healthy and refreshing Kombucha Cocktails and Mocktails at home. Trust Your Gut!**

☺♥ Hannah

