

TART CHERRY & GREEN TEA KOMBUCHA RECIPE

Step 1: Follow the instructions on the "Brew Your Own Kombucha Recipe" insert also in this box to begin brewing your first batch.



Step 2: Once your first batch is ready, remove the SCOBY and bottle your new brew into clean bottles.

Step 3: Now it's time to flavor your Kombucha! The simplest way to add flavor is by adding fruit juice to your brew when you bottle it. This is why we've included Cheribundi's Tart Cherry Juice in this month's box! You only need a little, no more than 10% juice in your brew.



Step 4: To add bubbles, let the bottles with your Tart Cherry flavoring sit at room temperature for a few days to build up carbonation, and then refrigerate before enjoying.



*Pour yourself a glass of homemade Tart Cherry & Green Tea
Kombucha and enjoy the fruits of your labor!*



ELEVATE YOUR PANTRY

An introduction to elevated snacking and the art of brewing your own Kombucha...

TEA SQUARES TEA INFUSED ENERGY SNACK

Healthy snacking, infused with natural caffeine from tea leaves. TeaSquares are a perfect way to elevate your pantry's snack collection – not only are they made from all good-for-you ingredients but the caffeine from organic tea grown without the use of artificial ingredients or preservatives. TeaSquares will give you the energy boost you need to maximize your day!

How to use: Open and snack when you're craving a pick me up. Replace your junk-food pantry snacks with TeaSquares Tea Infused Energy Snacks instead!



JILZ CRACKERS SEA SALT & CRACKED PEPPER

Move over Saltines. Jilz Crackers are gluten-free, paleo, AND vegan. The ingredients really say it all: organic almond flour, organic apple cider vinegar, organic chia seeds, organic flax seeds, Organic sesame seeds, organic sunflower seed flour, organic tapioca flour, Seasonings: Sea salt, coarse ground pepper, peppercorns. We're convinced Jilz Crackers will become a staple in your pantry after you taste them!



SUNFOOD SUPERFOOD SMOOTHIE MIX

Every kitchen needs a quality protein & superfood powder! Delicious and packed with nutrients, Sunfood's Superfood Smoothie Mix is a quick way to jumpstart your day. Sprouted brown rice protein and chia powder provide highly absorbable protein. Lucuma, vanilla, and banana bring fiber and a delectable flavor. Cacao, maqui, açai, camu camu and goji berry powders make this mix an excellent source of iron and vitamin C, which may contribute to healthy immunity, while red maca adds an energetic boost praised by athletes.

How to use: Blend with 8oz of Coconut milk, juice, or water, with a handful of ice and fresh or frozen fruit. Add a tablespoon of Yacon syrup if you like your smoothies sweet!



TEECINO DANDELION HERBAL COFFEE

Elevate your morning coffee! Teecino is a delicious blend of herbs, grains, fruits and nuts that are roasted and ground to brew and taste just like coffee, but with all the health benefits of herbal tea! In many ways, Teecino rebalances the negative effects of coffee. For instance, Teecino is excellent for people with digestive health conditions because it is non-acidic and contains the prebiotic, inulin. Inulin is a soluble fiber from chicory root that supports a healthy population of beneficial digestive flora, so necessary for good digestive health.



CHERIBUNDI TART CHERRY JUICE

Replace your sugary juices with an all-natural alternative. Cheribundi packs over 50 cherries in each bottle, which gives you a nutrient-packed elixir that fights inflammation, improves sleep, boosts memory, muscle recovery, and increased stamina. The Anthocyanins are what give tart cherries their beautiful deep red color and are also credited with providing powerful health benefits.



OREGON KOMBUCHA KOMBUCHA SCOBY

Brew your own Kombucha at home to save \$\$\$. Kombucha is an ancient fermented tea-based drink prepared with a culture known as SCOBY (symbiotic culture of bacteria and yeast) that delivers a potent dose of probiotics and other healthful nutrients. Bonus: you will be able to use the new SCOBY and liquid from your first batch to make an endless number of future batches, as the SCOBY forms a new SCOBY each time you brew! Use the instructions provided in this box to brew your own Kombucha!



DISCOVER WHAT'S INSIDE