

# Homemade Probiotic Soda

Learn to make homemade probiotic soda with water kefir, kombucha, or ginger bug. Naturally fermented, gut-friendly fizzy drinks packed with probiotics.

2880	2880	1	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Homemade Probiotic Soda

### Instructions

- 1 Prepare the base**

Strain your fermented base through a fine-mesh sieve into a measuring cup to remove any solids or SCOBY pieces. Measure exactly 3 cups of the clear liquid.
- 2** Pour the 3 cups strained base into a large glass mixing bowl. Add 1/4 cup fresh fruit juice and 1 tablespoon honey.
- 3** Stir the mixture vigorously with a wooden spoon for 30 seconds until the honey completely dissolves and no streaks remain.
- 4 Bottle for second fermentation**

Place a funnel in clean glass bottles and pour the flavored mixture through, leaving exactly 2 inches of headspace at the top of each bottle.
- 5** Cap bottles tightly with swing-top or screw-on lids, ensuring a complete seal.
- 6** Place bottles in a dark cupboard or pantry at room temperature between 70-75°F (21-24°C) for 24 hours.
- 7** Check carbonation by gently pressing the sides of each bottle - they should feel firm and resist pressure when properly carbonated.
- 8** Open each bottle briefly to release excess gas with a quick hiss, then immediately reseal tightly. Repeat this process every 12 hours during fermentation to prevent over-pressurization.
- 9** Taste the soda after 48 hours by opening one bottle completely - it should have a pleasant fizz and balanced sweet-tart flavor.
- 10** Continue fermenting up to 72 total hours if you prefer stronger carbonation and more developed flavors, checking and releasing gas every 12 hours.
- 11 Finish and store**

Transfer all bottles to the refrigerator once desired carbonation is achieved to slow fermentation.
- 12** Chill for at least 2 hours before serving to enhance flavor clarity and ensure optimal carbonation.

### Tips

- Use filtered or spring water to avoid chlorine, which can inhibit beneficial bacteria and affect fermentation quality.
- Start with shorter fermentation times (24 hours) for milder flavors and less carbonation, gradually increasing as you develop preferences.
- Burp bottles daily during fermentation by briefly opening to release excess gas and prevent dangerous pressure buildup.

Taste-test your base before flavoring to ensure proper fermentation—it should be slightly tart and mildly effervescent.

Reserve 10% of your finished soda as starter for the next batch to maintain consistent probiotic cultures.

Store bottles upright in a consistent temperature environment (68-78°F) for optimal fermentation conditions.

Strain out fruit pieces before bottling to prevent over-fermentation and maintain clean flavors during storage.

Keep detailed notes on ingredients, timing, and results to replicate successful batches and refine your techniques.