

## **Probiotic Ginger Ale**

*Makes 4–6 bottles (16–22 ounces each)*

### **Ingredients:**

- 2-4 T. grated unpeeled ginger (use 2 for a mild taste, up to 4 for stronger taste)
- 1/2 cup of sugar or honey
- 2 T. molasses (optional)
- 8 cups (2 quarts) distilled or well water (or boiled and cooled tap water)
- 2 lemons or limes
- 1/2 cup of active ginger bug (strained)

### **Equipment:**

- Large stock pot
- cheesecloth
- Small sieve to strain ginger bug
- 4–6 glass or plastic bottles, thoroughly washed
- Small funnel

### **Instructions:**

1. Juice the lemons or limes and pour the juice into the pot. Put the rinds and grated ginger into a piece of cheesecloth, and tie it up with a string. Add it to the pot with 1/2 cup of sugar or honey, and 4 cups of distilled water. Bring to a boil over high heat. Continue to boil over medium-high heat for 15 minutes. Remove from heat.
2. Add 4 cups of cold water to boiled ginger mixture and stir. Let it cool to room temperature before moving on to the next step.
3. Add the 1/2 cup of strained ginger bug.
4. Pull out your cheesecloth full of ginger and lemon or lime rind and stir the mixture well.



5. Transfer the ginger ale mixture to clean bottles using the funnel. Leave 1 inch of headspace in each bottle. Place bottles in a cool dark place. Let the ginger ale ferment for 2-5 days. *So much of this part depends on the temperature of your room. If it is cool, it takes longer.* If you are using plastic, once it is completely taut, open the bottle and taste it to test the fermentation. **If you are using glass, after about two days, gently burp the lids to check on fermentation.** When the soda is ready, it will be carbonated and will have a light sweetness. Once it is to your liking, transfer the bottles to the fridge. It will keep for a long time but will continue to slowly ferment so burp the bottles occasionally.

#### **\*Variation: Fruit Soda**

1/4 ginger bug (strained)

1 quart of fruit juice

Mix together and bottle. Check after 8 hours as fruit soda is much more vigorous than the ginger ale. I have had some fruit soda that is ready in as little as 8 hours!

FYI- The alcohol content is negligible. Similar to kombucha, about 0.35%. A person would have to drink about 2 gallons to equal the alcohol content in one beer.