

White Sangria Kombucha Mocktail

(raw, vegan, free of wheat/gluten/soy)

Serves: 4 to 6

Known as the “immortal health elixir” Kombucha is made from sweetened black or green tea that has been fermented by a symbiotic colony of bacteria and yeast (SCOBY). Loaded with many of the enzymes the body produces for digestion, Kombucha tastes great on its own, however add seasonal fruits and it becomes deliciously refreshing and crowd-pleasing, it’s sure is my favorite fizzy mocktail with benefits!

Ingredients:

- 1 cup / 250ml cold-pressed **peach juice**
- 1 cup / 250ml cold-pressed **apple juice**
- 1 teaspoon **lemon juice**
- 1 **lemon (lime or orange)** sliced into thin rounds (or a combination)
- 1 **green apple**, cleaned, cored and cut into small wedges
- 2 16-ounce / 500ml bottles **unflavoured Kombucha** or I used 4 cups / 1 liter homemade green tea Kombucha (Check out [My New Roots](#) foodblog on how to brew your own elixir. Über talented Sarah Britton is revealing method, tips, and health benefits with fabulous photos).
- 1 cup / 175g fresh **strawberries**, sliced
- **Frozen diced peach** (best) or ice cubes, optional for serving

Directions:

Mix the first 5 ingredients together in a large glass pitcher or bowl. Refrigerate for at least 2 hours. Right before serving pour Kombucha in the fruit juice mixture and stir gently with wooden spoon, it will bubble up. Fill each glass with equal parts white sangria kombucha. Add frozen diced peach and a few sliced strawberries for extra color and dazzle. Cheers to your health!

Notes:

Get as creative as you wish with your own mocktails by adding the following:

- Mint, lime (lemon or orange) and sliced cucumber.
- Fresh seasonal fruits: peach, plum, nectarine, pomegranate, melon, berries, etc.
- Fresh herbs: mint, verbena, rosemary, etc.
- Fresh sliced ginger or Jalapeño for extra kick!
- Fresh fruit juice of choice.
- Fresh green juice of choice.
- Spirulina or green powder.
- Spices: cinnamon, star anise, etc.