

Kombucha Brewing Workshop

Hosted by Krista Harrison, RHN, Culinary Nutrition Expert

Join me in creating one of the healthiest fermented beverages that can be enjoyed by the entire family!

Kombucha contains beneficial nutrients, enzymes and acids that improve digestion, increase energy and boost immunity.

You will receive the following from this workshop:

- ✓ Step by step instructions on how to make your own kombucha
- ✓ Kombucha starter culture
- ✓ Brewing jar
- ✓ Kombucha cloth
- ✓ Tea

When: Saturday February 25 from 1-2:30

Where: 10 St. Emilion Place, Kitchener

Cost: \$65



RSVP: krista@kristaharrison.com