

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.

48h

PREP

48h

TOTAL

1

SERVINGS

Easy

DIFFICULTY

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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.