**Alternative Uses For Kombucha**

You might already know that kombucha is made from an active culture starter, tea, and sugar, and that it is typically used as a tea you drink. However, you might not realize that you can use kombucha for a lot of other things that you can consume, which can also help you get a lot of the same health benefits, such as proper gut health, better digestion, and reduced inflammation from arthritis. Take a look at some of these other uses for kombucha.

**Turn it Into Gelatin**

If your family enjoys eating gelatin as a snack or a healthy dessert, you can go ahead and add some of your kombucha to your gelatin and enjoy the health benefits that way. It is really easy to make your very own gelatin snack starting with the gelatin and adding in kombucha, along with whatever type of sweetener you want. You can use Stevia or another sweetener that doesn’t contain any GMOs. You just need to whisk it together and let it all dissolve over low heat on the stove, then refrigerate to harden. This is similar to how you would make regular Jello.

**Make a Dressing**

Kombucha can also be used for other food purposes, such as turning it into a dressing or marinade. Keep some kombucha in a glass bottle in your kitchen so that it is easy to grab and add to your homemade dressing. It is really good for adding to various vinaigrette or oil and vinegar dressings. Combining it with some seasonings, olive oil, sea salt, and pepper makes a really nice vinaigrette. Flavor it any way you like, whether using Italian seasoning, honey, or going with some lemon juice.

**Add it to Your Smoothie**

If you tend to drink a lot of smoothies in the morning for breakfast, go ahead and add some kombucha to it. You will replace other liquid, like fruit juice or water in the smoothie, and add in the kombucha tea instead. This makes it really healthy and can add an interesting flavor instead of just using plain water. However, you might want to use it in the more flavorful smoothies, like the ones used with sweeter fruits in order to get the best overall flavor from the smoothie.

**Mix a Unique Cocktail**

Kombucha can be used to create a signature and healthier cocktail as well. It has a fizzy quality, so this works really well with tropical cocktails that use fruit like pineapple, mango, and papaya.