



# MEALTIME MENTORS™

— RESOURCES & RECIPES —

Kombucha has become hugely popular over the last few years and for good reason. This drink is made with tea, sugar, symbiotic yeasts and bacteria. These ingredients result in a tart, effervescent beverage. The origins of this fermented, sweetened tea can be traced back to Northeast China, but we are lucky enough to have brewers based right here in Wisconsin.

Tapuat founders, Nick and Mary Deviley, began brewing their kombucha together back in 2008 in Door County. Their passion for clean eating, health and wellness inspired them to create a wide variety of delicious beverages for people to enjoy. These drinks are naturally gluten free and chock full of probiotics that promote gut health.

So, go ahead and pick up a couple bottles today and find your new favorite flavor!

Your Mealtime Mentors™ from Festival Foods offer recipes and resources for a healthier you! For other great product recommendations, special diet tips and meal ideas, make sure to check us out online! Visit [www.FestFoods.com/Mealtime](http://www.FestFoods.com/Mealtime) to



From left to right: Emily Schwartz, MS, RDN, CD, Lauren Tulig, RDN, CD and Jenni Dreyer, RDN, CD

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**TAPUAT BREWING CO.  
KOMBUCHA**

16 oz • assorted varieties

