

## **SWITCHEL**

For a quart:

1/4 cup of **raw** apple cider vinegar

2 Tablespoons **raw** honey

1 quart of filtered water

For a pint:

2 Tablespoons **raw** apple cider vinegar

1 Tablespoon **raw** honey

1 pint of filtered water

Vigorously mix together the honey and apple cider vinegar in a quart jar until the honey dissolves. Fill with water and enjoy as a delicious electrolyte replacement drink. In the heat of summer, it is a tasty patio drink with the addition of a slice of peeled cucumber. Add variety and color by using herbal vinegars or infused honey. Adjust ratio of vinegar to honey to suit your taste.

For a single cup of Switchel, combine two teaspoons of raw apple cider vinegar and one teaspoon of raw honey in a cup. Stir until honey dissolves, then fill with water and enjoy.