

Switchel

Aprox 4 inches of freshly chopped ginger
4tbs Apple Cider Vinegar
1 lemon juiced and zested
6tbs honey, maple syrup or molasses (or combine faves)
Seltzer Water or mineral water, Sprigs of mint (optional)

Directions:

2 Qt Sauce Pan 2/3rds full of water (aprox 6 cups) add chopped ginger and bring to a boil. Allow to boil for a few minutes then set aside to allow ginger to steep about 30 minutes (for a stronger flavor allow to steep overnight). In a pitcher add your apple cider vinegar, lemon, and sweetener (honey, maple syrup, molasses). Using a strainer strain the ginger water into the pitcher and stir. And waalaa you have switchel. After pouring into a glass add seltzer or mineral water for a little zing and a sprig of mint for added taste. You can even add a little splash of vodka for a nice addition on a cold night.

