

## **SWITCHEL**

1 quart of filtered water

1/4 cup of *raw* apple cider vinegar

2 Tablespoons *raw* honey

Vigorously stir the honey and apple cider vinegar together (until honey is dissolved) in a glass quart jar, fill with water and enjoy as a delicious electrolyte replacement. 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 herb-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 honey in a cup. Stir until honey dissolves, then fill with water and enjoy.

## **CYCLONE CIDER**

1/4 cup grated horseradish

1/8 cup chopped garlic

1/2 cup chopped onion

1/4 cup chopped or grated fresh ginger

A bit of cayenne

Raw apple cider vinegar

Raw honey

Combine horseradish, garlic, onion, ginger and cayenne.

Place in a quart jar (that has a tight fitting, *non-metal* lid) and cover with raw apple cider vinegar. Let cider sit in a dark, even- temperature room for six weeks. Strain/remove any undissolved pieces (i.e. ginger), add raw honey to taste and pour into a droppered bottle.

Enjoy a dropperful while you prepare dinner (10-15 minutes prior to eating) as a great digestion enhancer and immune system booster.

*Source: Rosemary Gladstar via Lise Wolff's NCHG Dec. 07 lecture*