

Your First Wealth Is Health



## 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.

## 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