



## Ginger Switchel

### *Ingredients*

- 2 tablespoons apple cider vinegar
- 2 teaspoons dried ginger
- 1 tablespoon sweetener of choice (most traditional: molasses, bright & floral: honey)
- Pinch of salt (optional)
- 1 cup sparkling (or still) water

### *Directions*

1. Combine ginger syrup and apple cider vinegar in a glass or jar.
2. Shake or stir before serving.
3. Pour over ice or mix with additional sparkling water, if desired.
4. Start with the recipe and then adjusting to your liking.