

NOURISH

holistic health & nutrition

Switchel

Makes: 12 servings Prep + Cook Time: 10 minutes

Ingredients

- 4 teaspoons raw, apple cider vinegar
- 4 tablespoons pure maple syrup (Grade B is best!)
- at least 1 teaspoon fresh grated ginger (you can leave slices of ginger in the jar)
- 2 teaspoons turmeric
- 1/2 teaspoon cayenne pepper
- pinch fresh ground pepper
- 4 cups filtered water

Instructions

1. Combine ingredients in jar
2. Shake to combine
3. Drink as is or you can let it steep in the fridge for 12-24 hours
4. Stir before drinking
5. Sip on at least 2 oz. around meals