



Switchel

Serves 2

Time: 5 mins

Ingredients

500 mls water (can be fizzy, with no additives, sugar or flavourings).

2 tablespoons apple cider vinegar.

1 - 2 teaspoons raw honey, how much you use is up to you & your taste, honey's tend to differ in flavour & sweetness.

Zest & juice from 1 lime or ½ lemon.

1 heaped teaspoon finely grated fresh ginger or ¼ teaspoon ginger powder. Optional - crushed fresh herbs eg lemon balm or mint or basil or lemon myrtle.

Handful ice



Method

I like mine quite zingy & tangy, this might be too much for you, play around with the flavour combinations.

Mix everything together in a jug & pour into 2 glasses, over ice if you wish.

This also keeps well in the fridge to use the following day.

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