

Blackberry Ginger Switchel

from NourishedKitchen.com

Ingredients

- 1/4 cup honey - infused or a ratio of infused/regular honey
- 1/4 cup apple cider vinegar
- 1 (2 inch) knob of fresh ginger root (peeled and chopped)
- 2 cups blackberries
- 8 cups water
- Pinch finely ground salt

Instructions

- Add all the ingredients to a saucepan and bring to a boil over medium - high heat.
- Turn down the heat to medium - low and simmer for about 15 minutes.
- Mash the softened berries into the liquid and continue simmering for another 5 minutes.
- Strain the switchel, discarding the solids.
- Refrigerate overnight. Serve cold over ice.

Notes

Makes 6 servings.

Also try a swirl of honey or infused cannabis powders in each glass if you're choosing not to infuse the whole batch.