



Ingredients

½ cup Unfiltered Apple Cider Vinegar w/ "The Mother"
⅔ cup Sweetener (Pure Maple Syrup, Agave)
6-7 inch piece Ginger (peeled & finely minced)

14 cups Filtered Water
1 lime/lemon or approx. 4 Tbsp. Lime Or Lemon Juice
3 Tbsp. Cinnamon (optional)

Directions

- 1 When mincing the ginger I usually peel it and then put it in a blender with a little water
- 2 Mix all ingredients in a gallon jug, shake well and place in the refrigerator overnight.
- 3 To serve, pour over ice