

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

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Ingredients

- 2 cups water
- 1 cup raw, unfiltered apple cider vinegar (with “the mother”)
- 1/2 cup pure honey (or more to taste)
- 1 large lemon, washed and sliced (rind on)
- 1 large orange, washed and sliced (rind on)

- 1 (2-inch) piece fresh ginger, roughly chopped
 - 4 large garlic cloves, peeled and smashed
 - 1 tsp ground turmeric
 - 1/2 tsp cayenne pepper (adjust to your heat tolerance)
 - 1/4 tsp freshly ground black pepper
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Instructions

Phase 1: The Infusion (Time: 5 minutes | Intensity: Low)

1. Combine the Base: In a medium saucepan, combine the water and apple cider vinegar. Place over medium-low heat. You want the liquid to get hot, but do not let it come to a rolling boil. Boiling will destroy the beneficial properties of the raw vinegar and honey. You should see small, gentle bubbles forming on the bottom of the pan.
2. Add the Aromatics: Add the smashed garlic cloves and chopped ginger to the warm liquid. Stir gently. Let these simmer for about 5 minutes. The goal is to gently extract their potent flavors without making the brew overly bitter.

Phase 2: The Melding (Time: 10 minutes | Intensity: Low)

1. Introduce the Citrus & Spices: Carefully add the lemon slices, orange slices, turmeric, cayenne pepper, and black pepper to the saucepan. Stir to combine.
2. Gentle Simmer: Maintain the heat at a low simmer for 10 minutes. The liquid should be fragrant with citrus and spice. Stir occasionally to ensure the spices don't clump at the bottom. The citrus slices will soften, and the liquid will take on a beautiful golden-orange hue.

Phase 3: The Final Touch (Time: 2 minutes | Intensity: Very Low)

1. Remove from Heat: After 10 minutes, remove the saucepan from the heat. This is crucial for the next step.
 2. Sweeten to Taste: Important: Allow the mixture to cool for about 5 minutes before adding the honey. Adding honey to a liquid that is too hot will degrade its delicate enzymes and flavor. Once slightly cooled, stir in the honey until it is fully dissolved. Taste the tonic. If you prefer it sweeter, add a little more honey. If you want more of a kick, add a pinch more cayenne.
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Finishing & Serving

1. Strain and Store: Place a fine-mesh sieve over a large bowl or a large glass jar. Carefully pour the tonic through the sieve to remove all the solids (citrus slices, ginger, garlic).

Press gently on the solids with the back of a spoon to extract all the flavorful liquid.

2. **Serve:** Your tonic is ready! You can serve it warm immediately, or let it cool completely and store it in a sealed glass jar (like a Mason jar) in the refrigerator.
3. **How to Drink:** This is a potent tonic, not a juice. We recommend drinking it in small shots (2-4 ounces) rather than by the glassful. It's excellent first thing in the morning or as a midday refresher. Shake well before each use, as some natural separation may occur.

Recipe Notes & Variations

- **Storage:** Store the strained tonic in a sealed glass container in the refrigerator for up to 2 weeks. The flavor will continue to intensify over time.
- **Adjusting Heat:** The cayenne pepper is what gives this tonic its "kick." Start with 1/4 teaspoon if you're sensitive to heat, and feel free to increase it to 1/2 or even 1 full teaspoon if you're a spice lover.
- **The "Mother" Matters:** Using raw, unfiltered apple cider vinegar is key. The "mother" is a colony of beneficial bacteria, and while the heat in this recipe may reduce its potency, it still contributes to the tonic's unique character and tangy flavor.
- **Disclaimer:** This recipe is for informational and entertainment purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any

questions you may have regarding a medical condition.

Nutritional Information (Estimated)

Serving Size: 1 shot (approx. 2 oz / 60 ml)

Servings Per Recipe: Approx. 10

- Calories: 30
- Total Fat: 0g
- Saturated Fat: 0g
- Cholesterol: 0mg
- Sodium: 1mg
- Total Carbohydrates: 8g
- Dietary Fiber: 0g
- Total Sugars: 7g (mostly from honey)

- Protein: 0g