- Prep Time: 5 minutes
- Total Time: 5 minutes
- Yield: 1 Serving (approx. 16 fl oz / 475 ml)
- Skill Level: Easy
- Dietary Category: Keto-Friendly, Low-Carb, Vegan, Gluten-Free, Paleo

Table of Contents

- Recipe Intensity & Functionality Guide
- Ingredients
- Step-by-Step Instructions
    - Step 1: Prepare the Liquid Base
    - Step 2: Measure & Add Actives
    - Step 3: Mineralize & Season
    - Step 4: Stir or Shake Thoroughly
    - Step 5: Serve & Enjoy
- How & When to Consume
- Expert Storage & Meal Prep Tips
- Nutritional Breakdown

Recipe Intensity & Functionality Guide

To get the most out of this drink, it helps to understand its functional intensity and target mechanisms:

- Hydration & Electrolyte Level: High (4/5) — Himalayan pink salt provides essential minerals including sodium, potassium, and magnesium, preventing the fatigue often associated with low-carb or caloric-restriction phases.
- Digestive Acidity: Moderate-High (4/5) — Raw apple cider vinegar and fresh citrus promote optimal gastric environment, encouraging smooth digestion.
- Appetite Awareness & Satiety: Moderate (3/5) — Consumed prior to meals, the combination of fluids, acetic acid, and citrus helps expand gastric volume and encourages mindful eating portions.
- Flavor Profile Intensity: Zesty & Tangy (4/5) — A brisk balance of sour citrus, mild vinegar punch, and a light mineral-salty finish.

Ingredients

To achieve optimal results, select raw, high-quality ingredients:

- 16 oz (2 cups / 475 ml) filtered water (room temperature or chilled)
- 1 to 2 tablespoons (15–30 ml) raw, unpasteurized apple cider vinegar (containing “the mother”)

- 1 tablespoon (15 ml) freshly squeezed lemon juice (approx. half a lemon)
- 1 tablespoon (15 ml) freshly squeezed lime juice (approx. half a lime)
- 1/4 teaspoon (1.5 grams) fine Himalayan pink salt (unrefined)
- Optional Sweetener: 3–5 drops liquid stevia, monk fruit extract, or 1/2 teaspoon raw honey (omit honey for strict keto/zero-carb protocols)
- Optional Boosters: 1/16 teaspoon ground cayenne pepper or 1/4 teaspoon ground ginger powder for an added thermogenic warm-up.

Step-by-Step Instructions

Step 1: Prepare the Liquid Base

Pour 16 ounces of filtered room temperature or chilled water into a large glass tumbler, mason jar, or shaker bottle. Using room temperature water helps the pink salt dissolve faster, but chilled water offers a crisp taste.

Step 2: Measure & Add Actives

Add 1 to 2 tablespoons of raw apple cider vinegar to the water. Squeeze in 1 tablespoon of fresh lemon juice and 1 tablespoon of fresh lime juice. Ensure you use fresh citrus rather than bottled juice concentrates for natural enzymes and optimal taste.

Step 3: Mineralize & Season

Add 1/4 teaspoon of fine Himalayan pink salt into the mixture. If you prefer a smoother taste,

add your choice of zero-calorie sweetener (such as stevia or monk fruit) or a touch of raw honey.

Step 4: Stir or Shake Thoroughly

Using a long spoon or whisk, stir briskly for 20–30 seconds until the pink salt crystals are completely dissolved. If using a shaker cup or mason jar with a tight lid, shake vigorously for 10–15 seconds.

Step 5: Serve & Enjoy

Serve immediately. You may add a few ice cubes or a fresh wheel of lemon for garnish if desired. Drink slowly through a straw to protect dental enamel from the acid content.

How & When to Consume

For optimal functional benefit, consistency and timing are key:

1. Morning Jumpstart: Drink one serving first thing in the morning on an empty stomach to rehydrate, balance electrolytes, and prepare your digestive tract for the day.

2. Pre-Meal Buffer: Consume 15–20 minutes prior to your largest meal of the day. The acetic acid content from the apple cider vinegar helps support healthy glucose metabolism following meals.

3. Mid-Afternoon Refresh: Replace afternoon coffee with this tonic to boost mineral balance, reduce sluggishness, and curb artificial snacking cravings.

Expert Storage & Meal Prep Tips

- Batch Preparation: You can pre-mix a concentrated base of apple cider vinegar, lemon juice, lime juice, and pink salt in a glass bottle for up to 5 days in the refrigerator. When ready to drink, simply measure 3 tablespoons of the concentrated mixture into 16 ounces of fresh water.

- Storage Container: Always use glass containers or stainless steel drinkware. Avoid mixing or storing vinegar-based acidic drinks in plastic bottles or aluminum containers.

- Serving Variation: On warm days, mix the base with sparkling water or seltzer for a crisp, refreshing mineral tonic.

Nutritional Breakdown

The following nutrition values are calculated based on the standard unsweetened recipe yield (1 serving using liquid stevia/monk fruit or no added sweetener).

Nutrient	Amount Per Serving	Daily Value (% DV)
Calories	12 kcal	1%
Total Carbohydrates	3 g	1%
Dietary Fiber	0.5 g	2%
Sugars	0.8 g	*
Protein	0.2 g	0%
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Sodium	580 mg	25%
Potassium	65 mg	2%
Magnesium	4 mg	1%

Nutrient	Amount Per Serving	Daily Value (% DV)
Calcium	12 mg	1%
Vitamin C	18 mg	20%