- Preparation Time: 5 Minutes
- Cook Time: 0 Minutes (Heating water only)
- Total Time: 5 Minutes
- Servings: 1 Mug
- Intensity Level: Beginner (Very Easy)
- Dietary: Vegetarian, Gluten-Free, Paleo-Friendly

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Ingredients

To create the perfect bedtime tonic, precision in ingredients is key. We recommend using organic products where possible to minimize pesticide exposure, especially since we are consuming the apple cider vinegar raw.

- 1 Tablespoon (15ml) Organic Apple Cider Vinegar: Ensure you use the “Mother” variety (unfiltered and cloudy), as this contains the beneficial enzymes and probiotics.
- 1 Cup (240ml) Filtered Water: Warm, but not boiling. Boiling water can destroy the delicate enzymes in the honey and vinegar.
- 1 Teaspoon (5ml) Raw Honey: A natural sleep aid that helps replenish liver glycogen, preventing midnight waking. *Vegans can substitute with maple syrup.*
- 1/4 Teaspoon Ground Cinnamon: For flavor and blood sugar stabilization.
- 1 Wedge Fresh Lemon (Optional): For a touch of zest and Vitamin C.
- 1 Cinnamon Stick (Optional): For garnish and stirring.

Equipment Needed

- Small saucepan or tea kettle.
- Your favorite ceramic mug (avoid metal mugs, as the acid in the vinegar can react with certain metals).
- Measuring spoons.
- A spoon for stirring.

Step-by-Step Instructions

Step 1: Heat the Water

Begin by heating your filtered water. If using a kettle, bring it to a boil and then let it rest for 2 minutes. If using a saucepan, heat over medium heat until you see small bubbles forming at the bottom, but do not let it reach a rolling boil. You are aiming for a temperature of roughly 160°F to 180°F (70°C – 80°C). This is the “Goldilocks” zone—hot enough to dissolve the honey and release the cinnamon oils, but cool enough to preserve the beneficial properties of the raw honey and ACV.

Step 2: Prepare the Mug

While the water is heating, add your Apple Cider Vinegar, honey, and ground cinnamon to your mug. If you are using the optional lemon wedge, squeeze the juice into the mug now.

Step 3: The Pour (Agitation)

Pour the hot water into the mug. Do this slowly to allow the steam to rise, carrying the aroma of the cinnamon and apple. The heat will immediately begin to dissolve the honey.

Step 4: Stir with Intention

Using your spoon (or the cinnamon stick), stir the mixture thoroughly for about 15-20 seconds. You want to ensure the honey is completely dissolved and the cinnamon is well distributed. This is a good moment to practice mindfulness—focus on the swirling liquid and the rising steam.

Step 5: Taste and Adjust

Take a tiny sip (careful, it’s hot!). If you have a sweet tooth, you may add a little more honey. If you prefer a tart kick, add another drop of ACV. However, remember that the goal is a soothing balance, not an overpowering sourness.

Step 6: Serve

Allow the tonic to cool for 2-3 minutes until it is drinkable but still warm. Garnish with a cinnamon stick for aesthetic appeal and aroma.

Recipe Notes & Tips

- The “Mother” Rule: Always shake your bottle of Apple Cider Vinegar before measuring. The “Mother” (the cloudy substance) settles at the bottom, and you want those beneficial cultures in your cup.

- Temperature Control: Never use boiling water. High heat kills the probiotics in the ACV and destroys the delicate enzymes in raw honey, turning it into a simple sugar.

- Timing is Everything: Drink this tonic approximately 30 to 45 minutes before you intend to sleep. This gives your body time to process the fluids so you don’t wake up in the middle of the night needing the bathroom.

- Dental Care: Because ACV is acidic, try to drink the tonic through a straw (if you don’t mind it being warm) or rinse your mouth with plain water after finishing. Do not brush your teeth immediately after drinking; wait 30 minutes to protect your enamel.

Variations & Substitutions

- Spicy Version: Add a tiny pinch of cayenne pepper. This can boost metabolism, but be careful—too much heat can be stimulating rather than soothing.

- Herbal Twist: Steep a chamomile tea bag in the water for 3 minutes before mixing with the other ingredients. Chamomile is a classic sleep aid.

- Turmeric Addition: Add 1/4 teaspoon of turmeric powder for an anti-inflammatory boost. Note that turmeric has a strong earthy taste, so you may need a touch more honey.

Nutrition Information

Disclaimer: The following nutritional information is an estimate based on standard ingredient values and is for educational purposes only. It is not a substitute for professional medical advice.

Serving Size: 1 Mug (240ml)

- Calories: 25 kcal
- Total Fat: 0g
- Sodium: 1mg
- Total Carbohydrates: 6g
    - Dietary Fiber: 0.5g
    - Sugars: 5g (from honey)
- Protein: 0g
- Key Micronutrients:
    - Trace amounts of Potassium and Magnesium (from ACV).

- Antioxidants (from Cinnamon).