



24 servings



10 minutes

nettle dandelion vinegar

ingredients:

- 2 cups fresh nettles
- 2 cups fresh dandelion leaves
- 4 cups organic apple cider vinegar

instructions:

1. Roughly chop the nettles and dandelions and fill a quart-sized mason jar.
2. Fill jar with apple cider vinegar.
3. Cover with plastic lid or use parchment paper between jar and metal lids.
4. Label and date jar! Store in a cool, dark place and let extract for a month. Gently shake a few times a week.
5. After a month, strain your high vitamin and mineral medicinal vinegar into a new jar.
6. Label and enjoy in all kinds of kitchen adventures {drink straight, add to stocks, broths, salad dressings, grains and summer salads}!

The cuisine of healing

- Nettle leaves are highly nutritive and packed with vitamins & minerals.
- As an antihistamine, they help with seasonal allergies.
- Nettles restore taxed adrenals and helps to rebuild from exhaustion & fatigue.
- The leaves support kidney & urinary system detox and cleanse and move toxicity from the joints & blood.
- Consistent intake of nettle leaves helps to heal acne, clear eczema, psoriasis and other skin conditions.