



30 servings



10 minutes



## rosemary oxymel

### ingredients:

- 1 cup fresh rosemary leaves  
OR 1/3 cup dried rosemary leaves {organic, if possible}
- 1 cup apple cider vinegar
- 1 cup raw, local honey

My favorite way to take rosemary oxymel is to put a tablespoon in a glass and top with sparkling water. Absolutely delicious! You can also bend the oxymel with olive oil for a salad dressing or sprinkle over rice or roasted veggies for an extra zest.

### instructions:

1. Roughly chop the rosemary and place in a quart-sized mason jar.
2. Pour vinegar over the leaves and gently stir.
3. Gently add the honey to the jar and mix again.
4. Cover the jar with a glass or plastic lid, or place a piece of parchment paper between the jar and the metal lid {vinegar corrodes metal}.
5. Label the jar with the date and rosemary *oxymel*.
6. Let the jar sit at room temperature in a dark space for about a month, giving it a gentle shake once a week.
7. Strain the oxymel and store in a clean jar in a cool, dark place.

### the cuisine of health

- Rosemary is a brain tonic that enhances cognition. It also...
  - improves concentration, memory and focus.
  - eases headaches and migraines.
  - improves circulation and boosts heart health.
  - helps in the digestion of fatty and protein-rich foods.
  - is highly antiseptic and anti-inflammatory.