



30 servings



10 minutes

## holy basil oxymel

### ingredients:

- 1 cup holy basil leaves
- 1 cup apple cider vinegar
- 1 cup raw, local honey

### instructions:

1. Roughly chop the holy basil and place them 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 *holy basil 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

- Holy Basil helps your body adapt to the stresses of life. It...
  - brings in clarity & focus
  - supports healing of head traumas & PTSD
  - balances blood sugar
  - strengthens the immune, endocrine & nervous systems
  - fights oxidative stress.