

Tulsi and Hibiscus Oxymel

This tangy and sweet, nutrient-dense herbal drink is a wonderful way to refresh after spending time in the sun. I most often like to add 1–2 tablespoons to a glass of sparkling water. It can also be made into fancy cocktails and mocktails. Or, use 1 part oxymel to 2 parts olive oil to make your own delicious salad dressing (e.g., 1 tablespoon oxymel to 2 tablespoons olive oil or to taste).



What you'll need...

- 3/4 cup dried tulsi leaves finely cut/sifted (20 grams)
- 2 tablespoons dried hibiscus (5 grams)
- 1 tablespoon dried dandelion root (7 grams)
- 1/3 cup honey
- 1 cup apple cider vinegar

- 1 Add the tulsi, hibiscus, and dandelion roots to a clean pint-sized jar.
- 2 Next add honey. Then fill the jar with apple cider vinegar.
- 3 Cover with a glass or plastic lid (avoid using a metal lid as it will corrode).
- 4 Shake well. After 24 hours open the lid and add more vinegar if necessary.
- 5 Let it steep for 2 weeks, continuing to shake it every day or so. Strain when ready. If you prefer it sweet, you can add more honey to your oxymel at this stage.
- 6 Store in the fridge and use within 6 months. Discard if mold develops.