

THE BASIC OXYMEL RECIPE

- 1/3 Cup Chopped, Fresh Herbs (2 Tablespoons, Dried)
- 1/3 Cup Honey
- 1/3 Cup Apple Cider Vinegar

Combine everything in a glass jar and stir well. Put a lid on the jar and store in a dark cabinet for 1 month.

At the end of the month, strain and store the liquid in another clean labeled jar.

