



Honeyed Apple Cider Vinegar Sodas

By Dylan Sabuco

Prep Time 10 / **Cook Time** 5 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

simmer: to cook a food gently, usually in a liquid, until softened.

Equipment

- Medium pot
- Liquid measuring cup
- Wooden spoon
- Pitcher

Ingredients

Honeyed Apple Cider Vinegar Sodas

- 1 C honey
- 1/2 C apple cider vinegar
- 1/2 C water
- 3 C sparkling water
- ice, optional

Food Allergen Substitutions

Honeyed Apple Cider Vinegar Sodas

Instructions

Honeyed Apple Cider Vinegar Sodas

intro

Introducing our Honey Apple Cider Vinegar Soda, bursting with fun flavors! It is very similar to a shrub drink or a drink made with vinegar. It's a fizzy, tangy drink that mixes sweet honey with a little zing, making it super refreshing. Perfect for kids, this bubbly beverage is like a party in a cup that will make you smile with every sip!

measure + simmer

In a medium pot, measure **1 cup honey**, **1/2 cup apple cider vinegar**, and **1/2 cup water**. Stir the mixture a few times, then turn the heat to medium, and bring to a simmer. The mixture will simmer for roughly 5 minutes or until reduced by about half.

cool + stir

Pour the mixture into a pitcher to cool for about 5 minutes. Then, add **3 cups of sparkling water** and stir. Finally, add ice if you would like.

pour + cheers

Pour the drink into cups and celebrate another successful recipe with a big "Cheers!"

Featured Ingredient: Apple Cider Vinegar!

Hi! I'm Apple Cider Vinegar!

"I have a sour taste, not a sour temperament! I'm similar to other vinegars, but I have a slight apple flavor."

Apple cider vinegar is a vinegar made from apple cider. Apples are pressed to express their juice and then fermented with yeast. Bacteria (the mother) is added to the fermented juice, creating acetic acid, and then the juice is clarified, removing the solids to halt the fermentation process. Some raw, unfiltered apple cider vinegars are labeled "with the mother."

Apple cider vinegar is used in marinades, pickles, salad dressings, vinaigrettes, and drinks, like a shrub. It can be added to foods to give them a sour flavor.

It can also be used as a leavening agent in baking when mixed with baking soda or baking powder. The combination creates CO₂. Baking soda, mixed with an acid like vinegar, creates more of a reaction than baking powder because baking powder already contains a weak acid like cream of tartar.

Apple cider vinegar is 95 percent water. It is 5 percent acetic acid, which gives vinegar its sour taste, along

with the trace amounts of malic acid in apple juice. It has an insignificant amount of micronutrients and is low-calorie.

Health claims have been made that apple cider vinegar contributes to weight loss and prevents skin infections; however, no evidence supports these claims. Some research indicates it may help support your body's healthy microbiome due to the probiotics present in the vinegar. It is acidic, so it should be diluted before drinking it.

Apple cider vinegar can be used for cleaning, although white vinegar is generally used. Vinegar should never be mixed with bleach or ammonia, as this would create dangerous chlorine gas and toxic vapors!