



How to Make Switchel

Ingredients:

- 10 cups water
- 1/2 cup apple cider vinegar
- 2/3 cup molasses, OR honey, OR maple syrup
- 3 tablespoons ground ginger

Steps:

1. Mix all ingredients until well-blended.
2. Let sit for an hour or more for flavors to meld.
3. Stir before serving over ice.

Adjusted Recipe for Individual Servings:

- 1 cup water
- 2 teaspoons apple cider vinegar
- 1 tablespoon molasses, honey, OR maple syrup
- 1/4 teaspoon ground ginger

NOTES:

- All ingredients can be adjusted for taste! Don't like quite as much vinegar, you can always reduce the amount you put in based on how you like it.
- Switchel was a popular summer drink in the American colonies in the late 17th century. By the 19th century it had become a popular drink to serve to thirsty farmers at hay harvest time, and so it was given the nickname "Haymaker's Punch"
- Switchel is actually a very healthy, energizing, probiotic drink known for lowering blood sugar, cholesterol, and insulin, boosting healthy bacteria in the stomach and intestines, helping shed fat, boosting immunity, and increasing energy
- Each ingredient in switchel is high in potassium—especially molasses—as potassium is an electrolyte, this is an especially good drink after exercise as it replaces the electrolytes you lose as you sweat.
- <https://www.smithsonianmag.com/arts-culture/switchel-drinking-vinegar-to-stay-cool-98891755/#:~:text=The%20origins%20of%20the%20drink,that%20dates%20back%20to%20Hippocrates.>
- <https://www.atlasobscura.com/foods/switchel-new-england>