



# Apple Cider Vinegar and Manuka Honey Shot

**EASY • 5 MINS**

Looking for a cleansing, nourishing shot of goodness, this shot is sweet-meets-sour in the best way. This health shot combines the nourishing and **bioactive benefits** of Manuka honey, cinnamon and bitter apple cider vinegar with “the Mother” (a living mixture of friendly bacteria, minerals and enzymes). The result is a natural health shot and tasty home remedy for soothing a sore throat.



**SKILL LEVEL**  
Easy

**PREP TIME**  
5 mins

**SERVINGS**  
1

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## Ingredients

- 1 Tbsp Capilano Active Manuka Honey
- 1 Tbsp warm water, or more if desired
- 1 Tbsp raw apple cider vinegar with "The Mother"
- 1 dash ground cinnamon

## Method

1. Whisk warm water and Capilano Manuka Honey until combined.
2. Stir in the apple cider vinegar and cinnamon.
3. Pour into a shot size glass and enjoy!
4. Tip: Double the recipe and store the shots in small bottles in the fridge for a grab-and-go morning wake-up sip or pour into ice cube trays and freeze for when you need a quick booster for your smoothies and drinks.

Used in this recipe



### Active Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees\*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

#### Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties.

Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

#### Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

\*Vella, G. 2016. Issue 215. CSIRO.

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