

Pickled Strawberries



ingredient list*

- 1 pound strawberries
- 4 sprigs of lemon balm, chiffonaded
- 15 peppercorns
- 3/4 cup apple cider vinegar
- 1/3 cup water
- 1 tablespoon honey
- 1 tablespoon real salt

preparation

Clean and stem your strawberries. Keep them whole if they're small (my preference because they're more dramatic this way) or cut them in half if they're large. Combine the rest of the ingredients in a bowl and set aside. Put all the strawberries in a glass jar and pour the vinegar mixture over the top. Place a tightly fitting lid on top and gently turn the jar over and back up again a few times to mix the ingredients and coat the strawberries. Keep stored in your refrigerator and use within the next couple weeks. If you know how to can, you could also can these according to your jar manufacturer's instructions.

*The support ingredients in this recipe are all full of healing nutrients! *Enjoy*

Did you know? Just eight large strawberries has more than 100% of the recommended daily allowance of vitamin C!