

Honey & Vinegar

The old-fashioned sweet-and-sour tonic

Makes: 1 mug

You'll need

1-2 teaspoons apple cider vinegar

1-2 teaspoons honey

250ml warm water

To make it

1. Pour the warm water into a mug.
2. Stir in the honey until dissolved, then add the apple cider vinegar.
3. Taste before adding any more vinegar. Aim for a lightly sweetened, pleasantly sharp drink.

The old tale

Honey and vinegar have been combined in traditional household preparations for generations. The sweetness softens the vinegar, giving the drink its familiar sharp-and-sweet character.

What the evidence says

Small studies have explored vinegar's effects on blood glucose and body weight, but results vary and are not a basis for treating illness with this drink. Harvard's Nutrition Source notes that research does not support vinegar as an effective treatment for the conditions commonly claimed. Adding honey does not establish a detoxifying or weight-loss effect.

Hive observations

Start with equal quantities of honey and vinegar, then adjust to taste. A darker honey gives a richer flavour; a light floral honey makes a gentler drink.

A sensible precaution

Never give honey to babies under 12 months. Allow hot drinks to cool before serving. Always dilute vinegar. Concentrated vinegar can irritate the throat and damage tooth enamel. Enjoy this as food, not as a substitute for prescribed treatment.

Source: Harvard Nutrition Source: Vinegar