

Make Your Own Raw ACV + Drink Recipe

My Favorite Good Girl Moonshine

- 2 TBS [raw apple cider vinegar](#) (see how to make your own below)
 - 1/2 tsp [ginger powder](#)
 - 1/2 tsp each of two extracts (these are my favorite combos: [cherry/lime](#), [pineapple/coconut](#), [strawberry/orange](#)) I highly suggest Olive Nation extracts. They have excellent prices on pure extracts in small and large bottles. They have pure extracts and “flavor fountain” extracts which are made specifically for drinks.
 - 2-3 doonks [THM Pure Stevia](#)
 - 1-quart seltzer water (I use my [soda stream](#) to carbonate water)
 - Put acv, ginger, extracts and stevia in the bottom of a quart jar or glass. Fill jar/glass with seltzer water. Enjoy this fizzy, health-boosting drink!
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Make Your Own Raw ACV

First, you need a little bit of real, raw acv like Bragg's. Make sure it says “raw” and “with the mother” on the label. You can use as little as 1/4 cup of this or as much as the whole bottle. (Personally, I used about 1/4 cup so I had the rest of this bottle of liquid gold to drink while I was growing my own ACV. DON'T THROW AWAY YOUR BOTTLE!)

Second, you need a half-gallon or gallon mason jar to grow your ACV in, a large coffee filter or cheesecloth, and a rubber band.

Third you will need a big gallon jug of the plain ACV from the grocery store. It can be the cheapest brand or the most expensive. (If you want your finished product to be organic you will have to start with organic ACV)

Here's how you do it:

- Pour your desired amount of raw ACV with the mother into your mason jar.
- Pour the grocery store ACV into the mason jar with the raw ACV to fill the jar (leave a couple inches at the top).
- Cover the mason jar with the coffee filter or cheesecloth and rubber band and put it in a cool dark place.
- In about a week you will see a disk starting to form on top of the vinegar. At first, it will just look like a film. By the end of two weeks, the disk will be more solid. (It is a slimy-looking thing, don't be afraid. This is what makes this vinegar so good for you and you aren't going to consume this disk.) My jar below has about 3 disks in it. A couple have settled and there is one floating on top.
- Remember how I told you not to throw away your good ACV bottle? Well, that's so you will have a place to put your homemade ACV that you want to use! Now you can take some of that homemade ACV and pour it into your recycled jar. (I used a ladle and a funnel for this job.) Leave the disk in your mason jar and pour more plain ACV into the jar to start the process over again and make sure you always have good ACV on hand.
- Each time you add more acv to your mason jar it will grow a new disk (the old disks will sink to the bottom). After a while, you will have more than you need. You can either discard these, use them in your compost, or bless a friend with an ACV starter. Just put part of a disk into a small mason jar with around 1/2 a cup of vinegar. Give this to a friend so that they can start their own vinegar-making process!