



Pickle Juice

Pickle juice is a great way to maintain your fast.

Cook Time: 10 mins

Serving Size: 8 Cups



Ingredients

- [2 cups](#) of apple cider vinegar
- [2 cups](#) of white vinegar
- [4 cups](#) of water
- [2 tbsp](#) pink Himalayan sea salt
- [2 tbsp](#) pickling spices
- [8 cloves](#) of garlic
- [8 heads](#) of fresh dill or [8 tsp](#) dill seeds

Directions

1. Combine apple cider vinegar, white vinegar, water, and salt in a large pot and bring to a boil.
2. Reduce temperature to low and simmer.
3. Add pickling spice, garlic, and dill and continue simmering for about 5 minutes.
4. Strain into a container for storage.