

Blueberry Shrub

from Simply Real Eating by Sarah Adler

1/2 cup cider vinegar

1 cup blueberries

1/2 cup unrefined cane or coconut sugar

Combine the vinegar and fruit in a glass mason jar with a lid and refrigerate for 2 days for up to three months.

When ready to serve, strain the fruit out of the vinegar mixture and discard. Place all the liquid in a saucepan with the sugar and bring to a boil. Boil for 3 minutes. Let cool before pouring into a glass mason jar to store in the fridge for up to 8 weeks.

For mocktails, add 1/4 cup of the shrub to ice and sparkling water. Any fruit can be substituted for the blueberries. It's a great thing to make when your fruit is about to turn.