

How to make our version of

ROMAN POSCA

1 tbsp Apple Cider Vinegar

1 tbsp Honey

250ml Water

Sprig of Fresh Mint

Slice of Lemon

Ice

I - Find a suitable Roman vessel (or just a glass)

II - Pour in the water and honey, and whisk together

III - Add the apple cider vinegar

IV - Add a slice of lemon, and some ice

V - Pop in the sprig of fresh mint

VI - Sit back and enjoy this gut loving, hydrating drink!

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