

Spiced Apples

Prep time: 10 minutes | Total time: 10 minutes + 3 days for fermentation

Ingredients

- 1 tsp sea salt or Himalayan salt
- 1 TBSP ground cinnamon
- Juice from one real lemon, not from concentrate
- 2 TBSP fermented tea (kombucha) from a SCOBY OR if you do not have a scoby use 1/2 tsp of starter culture
- 4-5 organic sweet apples (ex: honey crisp)
- Water

Directions

1. Mix salt, cinnamon, juice from one lemon, and starter culture in a medium sized mixing bowl.
2. Slice apples and toss with the ingredients in the mixing bowl.
3. Pack the apples and ingredients from your mixing bowl into your mason jars. Fill with water leaving about an inch of space left at the top for expansion.
4. Put the lids on and store at room temperature out of direct sunlight for 48-72 hours.