

PICKLED ONONS

Time: 10 minutes

Serves: 10

Ingredients:

250g water
125g white vinegar
125g apple cider vinegar
50g honey
8g salt
1 large red onion - thinly sliced

Preparation:

Place all ingredients except the onion in a small pot on high heat.

Bring the pickling mixture to a boil.

Place the onion slices into a mason jar.

Pour the liquid over the onions.

Let cool, then refrigerate overnight.

Serve immediately or refrigerate for up to one month.

Nutritional Information Per Serving:

Calories: 23 Fat: 0g Carbs: 5.7g Fibre: 0g Protein: 0.4g	Hand-Size Portion Guide Palms of Protein: 0 Fists of Vegetables: 0 Cupped Hands of Carbs: 0 Thumbs of fat: 0
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