

"Switchel" or "haymakers punch"-

The main benefit of this beverage is that the ingredients are easy on the stomach. You could drink more switchel than water without getting sick; this made it easier to stave off dehydration - perhaps this was the "original" Gatorade! It is a refreshing electrolyte-laden drink, originating in the 1600's in the West Indies.

1 gallon spring water

1 cup dark molasses

1/2 cup honey or maple syrup

1/2 cup apple cider vinegar

1 tablespoon ground ginger (more or less to taste)

Combine the above with the gallon of water. Whisk until thoroughly combined.

Store at room temperature or in the fridge.

Flavor can be adjusted with more or less molasses, honey, cider vinegar or ground ginger. Some people like to add 1/2 cup brown sugar for a sweeter flavor.

This is a very refreshing and flavorful non-alcoholic drink! This recipe is from Susan Luczu, colonial interpreter and open-hearth cooking instructor.