

Homemade Fruit Vinegar (sugar-free)

Hands-on 15 minutes Overall 15 minutes

Nutritional values per 100 ml / 3.4 fl oz: Total carbs: 6.6 g, Fiber: 0 g, **Net carbs: 6.6 g**,

Protein: 0 g, Fat: 0 g, Calories: 40.2 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



see if you like it.

Ingredients per small bottle

1 bottle white [wine vinegar](#), organic (350 ml / 11.8 oz) I used

[Organic white wine vinegar from Aspall](#)

1 cup fresh fruit such as raspberries, blueberries, blackberries, cherries, strawberries, etc. (150g / 5.3 oz)

Note: If you prefer a sweeter taste, add a few drops of [stevia](#) just before you use it (e.g. 2-3 drops per tablespoon of fruit vinegar before you add it into a salad). When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Equipment

jar with sealable lid

cheesecloth for filtering the liquid

small glass bottle with lid (~ 350 ml / 11.8 fl oz)

Instructions

1. Rinse and drain the fruit on a paper towel. *Note: Keep in mind that if you are using cherries, you will need to halve and pit them. Strawberries and blueberries need to be cut in half. Raspberries and blackberries can be used whole.*
2. Place the fruit into jars with sealable lid.
3. Pour the white wine vinegar into the jar.
4. Close the jar and store in dark, cool place to infuse for at least 14 days.
5. After 2 weeks, the vinegar will get a beautiful color, while the fruit will look quite dull. The vinegar has absorbed all the colour and fragrance.
6. Put a cheesecloth on top of a strainer and place it over a jar or bowl. Pour the liquid into the strainer.
7. Transfer the vinegar into an air-tight bottle and cover with a lid. Store in the fridge for up to 6 months. *Note: I usually discard the fruit. However, it's edible and can be stored in the fridge. I'm not crazy about this type of "pickled" fruit, but you might want to try and*

Suggestions

Apart from using fruit vinegar in your kitchen as food condiment, you can also make environmental-friendly, chemicals-free all-purpose citrus cleaner.

Whenever you use lemon, lime, orange or other citrus fruit, reserve the peel and keep it in the fridge until you have a full jar. Then, add vinegar and follow the steps in this recipe. It's an amazing way to reuse citrus peels instead of wasting them. Dilute it with water, transfer into a spray bottle and use for cleaning kitchen surfaces, bathroom or even glass!

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