

Homemade Sugar-Free Fruit Vinegar

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per tbsp/ 15 ml): Total carbs: 0.7 g, Fiber: 0.2 g, **Net carbs: 0.4 g,**

Protein: 0.1 g, Fat: 0 g, Calories: 6 kcal,

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



Ingredients (makes one small bottle)

1 bottle white wine vinegar *or* apple cider vinegar (350 ml/ 11.8 oz)

1 cup fresh fruit such as raspberries, blueberries, blackberries, cherries, strawberries, etc. (140 g/ 5 oz)

Instructions

1. Rinse and drain the fruit on a paper towel. 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. (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 see if you like it.)

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)