

## Summer Cucumber Salad

### INGREDIENTS

- 3-4 medium/large cucumbers, sliced
- 1 red onion, thinly sliced
- 3-4C apple cider vinegar (look for kinds with "the mother"...I used Bragg)
- 1C filtered water
- 1/4C pickling spice blend (I used Natural Grocers spice but I found one here that is a similar blend)
- 1/2TBS Himalayan sea salt
- 1TBS fresh chopped dill

1. Combine all ingredients into a bowl and mix well.
2. Refrigerate for about 24 hours and enjoy!