



### Chrysanthemum Vinegar

Ingredients	<ul style="list-style-type: none"> <li>○ Fresh chrysanthemum (small) - as desired (recommended at one part to six part water).</li> <li>○ Rice vinegar – 600cc.</li> <li>○ Yellow Rock Sugar – 4 pieces.</li> </ul>
Method	<ul style="list-style-type: none"> <li>○ Wash chrysanthemum and leave it to dry naturally.</li> <li>○ When dried, add into rice vinegar together with the rock sugar. (rock sugar can be lessen or omitted, as desired).</li> <li>○ Should dried chrysanthemum be used, it need not be washed and dried.</li> </ul>
Soaking Time	<ul style="list-style-type: none"> <li>○ Soak for 7 days.</li> </ul>
Consume Method	<ul style="list-style-type: none"> <li>○ Can be consumed everyday.</li> <li>○ To consume: Dilute 30 cc of mixture with 5 parts of water.</li> </ul>
Benefits	<ul style="list-style-type: none"> <li>○ Good for liver, eyesight, ease cough, headache and inflammation.</li> <li>○ Cures headache and giddiness.</li> <li>○ Helps to lower cholesterol and promotes slimming.</li> </ul>
Things to Note	<ul style="list-style-type: none"> <li>○ Do not use chrysanthemum leaves with any unusal smell.</li> </ul>