

Quick And Easy Pickled Onions

Description

This is so easy to make. You will enjoy it.

Prep/total time: Ten minutes

Servings: 8

Ingredients

1/4 cup of apple cider vinegar (2 FL oz)

1/4 cup of white distilled vinegar (2 FL oz)

1/2 cup of water (120 ml/ 4 FL oz)

1 red onion, sliced (4 oz)

1 teaspoon of sea salt

2 tablespoons of powdered Erythritol or Swerve (0.7 oz) or more to taste

Additions: other flavorings as desired (1 tsp chili flakes, 1 tsp black peppercorns or 1-2 bay leaves)

Instructions

1. Chop the onion thinly and then transfer to a jar. Mix the liquids and then add in erythritol and salt.
Stir until well mixed. Pour the liquid over the onions.
2. Cover the jar and chill for about thirty minutes. Serve.
3. It can last for about one month in the fridge.