

Vinegar Substitute

Prep time 5 minutes

Allergy / Intolerance [Amines](#), [Artificial Additives](#), [Artificial Colours](#), [Glutamates](#), [Preservatives](#), [Salicylates](#)

Suitable for [RPAH Elimination Diet - Low Chemical / Failsafe](#)

Meal type [Ingredient](#)

Misc [Freezable](#), [Pre-preparable](#)

From book [RPAH Elimination Diet Handbook](#)

A substitute for vinegar.

Ingredients

- 1/2 teaspoon Citric Acid
- 2 tablespoons Water

Directions

1. Combine the citric acid and water.

Note

Use wherever a recipe calls for vinegar.

Low Chemical / Failsafe