

# Salt & Vinegar Hard-Boiled Eggs

If you like salt and vinegar chips, then you'll love these salt and vinegar eggs!

**Prep Time:** 5 minutes

## Ingredients:

- 1 hard-boiled egg
- 1 tablespoon raw apple cider vinegar – recommend Bragg Raw Apple Cider Vinegar
- Sprinkle of sea salt

**Instructions:** Cut 1 hard-boiled egg in half and sprinkle with 1 tablespoon of raw apple cider vinegar (make sure it has “the mother,” the living culture that provides gut-healthy probiotics). Add a pinch of sea salt. Enjoy!

**Why this snack may be helpful:** Apple cider vinegar may help regulate blood sugar; researchers reported in one study that consuming 4 teaspoons of apple cider vinegar, diluted in water before a meal, improved insulin sensitivity and reduced blood glucose levels in both insulin-resistant and healthy people.<sup>4,5</sup> This in turn may combat sugar cravings and mood swings related to blood sugar imbalances. Additionally, probiotics from apple cider vinegar have been touted as “mini-mood boosting helpers.” Research shows that the gut and brain are tightly connected; this connection is often referred to as the gut-brain axis.<sup>6</sup> These two are linked through biochemical communication between our nervous system in the digestive tract and our central nervous system, which includes our brain. Just like the brain, the gut produces the same mood-regulating neurotransmitters, such as serotonin, dopamine and gamma-aminobutyric acid or GABA, that regulate stress and anxiety. Interestingly, it's presumed that a majority of the hormone serotonin is made in the digestive tract, rather than the brain. So your mood may truly start in your gut and by feeding it healthy supportive nutrients, you may be able to regain your mental clarity and positive energy.

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