

## **BALSAMIC RASPBERRY GASTRIC**

4 cups frozen **Raspberries**  
½ cup **Balsamic Vinegar**  
¼ cup **Red Wine Vinegar**  
1 small **Red Onion** – cut small dice  
8 pcs. **Juniper Berries** – crushed  
3 pcs. **Garlic** – chopped  
2 slices **Ginger**  
¼ cup **Orange Juice**  
½ cup **Red Wine**  
½ cup **Sugar**  
Pinch **Allspice or Ground Clove**  
2 **Bay Leaves**

**Combine and reduce slowly until thick - ish.**  
**Be careful not to burn.**  
**Strain and use.**