

Recipe to Drink Apple Cider Vinegar

Ingredients:

- 10-12 oz Filtered Water
- Organic Apple Cider Vinegar
- 1 tsp Local Organic honey

Directions:

- Mix a glass of filtered water with two to three tablespoons of organic apple cider vinegar.
- Add 1 tsp honey or a little more for desired taste
- Drink before each meal.