

ACV, CINNAMON, & LEMON DETOX DRINK



Serves: 1

Prep: 2 mins

Cook: 0 mins



Extras: 1

WHAT YOU NEED

- 1 glass 12-16 oz. cold water
- 2 tbsp. organic apple cider vinegar
- 2 tbsp. fresh-squeezed lemon juice
- 1/8 tsp. cinnamon
- 1 packet Stevia (optional)

WHAT YOU NEED TO DO:

1. Mix all ingredients well and hydrate!

HEALTH BENEFITS:

Apple Cider Vinegar: full of enzymes and good bacteria. Helps alleviate cold symptoms and has proven to have a wide range of uses. Sipping 1 teaspoon before meals help to prevent indigestion.

Lemon: Helps balance blood sugar and has an alkaline effect on body helping to break down foods.

Cinnamon: Loaded with antioxidants and helps balance blood sugar.



GF

DF

V