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Apple Cider Vinegar Drinks For Health And Energy: Enjoy The Benefits Of ACV With Tonics, Mocktails, And Smoothies With 25 Easy Recipes (The Best Of VegKitchen.com Book 4)





Synopsis

On VegKitchen's popular page featuring apple cider vinegar and weight loss, many readers are seeing the results of adding ACV to their daily regimen, not only for the possibility of losing pounds, but improving energy and well-being. In this book, you'll learn about a number of other health benefits of ACV, many backed by research. The biggest complaint about ACV? Many don't enjoy its flavor when mixed with plain water. Fortunately, there are lots of ways to make apple cider vinegar drink recipes that are not only tolerable, but actually quite tasty! ACV might be a bit of an acquired taste, but if you use it regularly and reap its benefits, you likely will eventually acquire it! This book offers 25 easy recipes for beverages containing other healthful ingredients. The goal is to keep you motivated to enjoy ACV drinks on a regular basis. In this concise and useful collection, we start with a brief look at the health benefits of apple cider vinegar. A fantastic probiotic, including ACV in your daily diet helps speed up digestion, improve gut flora, combat heartburn and acid reflux, stabilize blood sugar, suppress body fat accumulation, and much more. We steer clear of wild claims and provide a list of links to credible sources. The heart of this book is the ACV drinks themselves. And here's what you'll find: Tonics Simple ACV Sparkling Cider Apple ACV Ginger Ale The One Tonic: Turmeric, Ginger, Lemon, Rooibos Tea & ACV Mint Ginger ACV Switchel Basic ACV Tea Ginger-Lemon ACV Tea Refreshing Green Lemonade ACV-Orange Firewater Nondairy Turmeric Milk with ACV Fruity Drinks and Mocktails Strawberry-Watermelon Slush ACV Strawberry-Cucumber Daquiri Grapefruit-ACV Mocktail Cranberry-ACV Mocktail Pineapple-ACV Colada Hot Apple Cider with ACV Virgin Mary-ACV Mocktail ACV Frozen Mixed Berry Fizz ACV Lime Virgin Mint Julep Smoothies (and a word about juices) Using ACV in your homemade juices Spinach-Apple Smoothie Juicy Pineapple-Cucumber Smoothie Berry Bliss Smoothie Piña Colada Green Smoothie Orange-Mango Smoothie Cantaloupe Creamsicle Smoothie Mango Lassi

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Customer Reviews

This is very good Apple Cider and so useful for so many things.

Great recipes! Healthy, delicious and easy to make.

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