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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 Cider 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 Daiquiri
- 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

Book Information

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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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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) Apple Cider Vinegar Benefits - Apple Cider Vinegar Benefits and Cures for Weight Loss and Better Health Apple Cider Vinegar: Miracle Health System (Bragg Apple Cider Vinegar Miracle Health System: With the Bragg Healthy Lifestyle) Coconut Oil and Apple Cider Vinegar: 2-in-1 Book Combo Pack - Discover the Amazing Health, Beauty, and Detox Secrets of Apple Cider Vinegar and Coconut ... - Detox - Weight Loss - Hair - Beauty) Coconut Oil and Apple Cider Vinegar Handbook: Use Coconut Oil and Apple Cider Vinegar for Healing, Curing, Beauty, and Glowing Radiant Skin Green Cleaning with Vinegar: Vinegar Benefits, Cleaning Tips and Vinegar Uses Eat Right! Burn Fat!: Miracle Benefits of Apple Cider Vinegar Diet with Healthy and Tasty Recipes, Rapid Loss Weights Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) 101 KETO Beverages: Amazingly delicious, health-boosting, sugar-free lattes, teas, hot chocolates, frozen drinks, yogurt drinks, sodas, mocktails, and infused waters How I Healed Myself from Toxins: Alkaline Smoothies, Juices, Soups & Desserts. High-Energy Foods, Detox Drinks & Natural Weightloss Drinks: How to Balance ... Fastest Way to Sustainable Health Book 1) Apple Cider Vinegar Miracle Health System Apple Cider Vinegar Cures, Uses and Recipes (Boxed Set):

For Weight Loss and a Healthy Diet The Apple Cider Vinegar Cure: Essential Recipes & Remedies to Heal Your Body Inside and Out Box Set: Soap Making for Beginners + Body Butter Recipes + Apple Cider Vinegar for Beginners (Volume 1) Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (Alkaline Diet, Alkaline Recipes, Alkaline Smoothies, Plant Based Book 5) Making & Using Vinegar: Recipes That Celebrate Vinegar's Versatility. A Storey BASICS™ Title Veterans: Benefits for Beginners - Veteran Benefits Manual for Dummies - US Veterans Benefits 101 (US Veterans - American Veterans of Foreign Wars - Veterans disability - Veterans Administration) PALEO SMOOTHIES: Delicious Paleo Smoothies Recipes, Detox Your Body, Gain Back Your Energy and Lose Weight In 7 Days Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1)

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