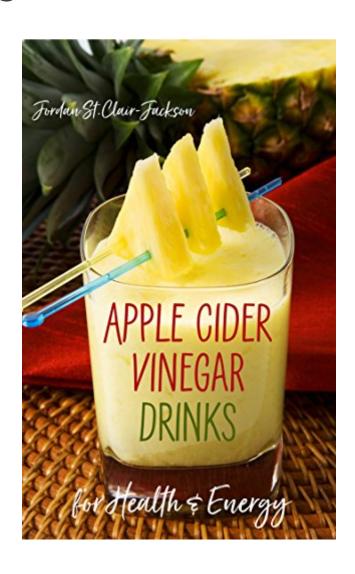


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# Apple Cider Vinegar Drinks For Health And Energy: Enjoy The Benefits Of ACV With Tonics, Mocktails, And Smoothies With 25 Easy Recipes (The Best Of VegKitchen.com Book 4)





# **Synopsis**

On VegKitchenââ ¬â,,¢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¢â ¬â,,¢ll learn about a number of other health benefits of ACV, many backed by research. The biggest complaint about ACV? Many donA¢â  $\neg$ â,¢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 \$\tilde{A}\varphi\alpha \tau \text{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 \$\hat{A}\phi\hat{a} \quad -\hat{a}\_n\phi\psi \text{ what} you¢â ¬â,,¢ll find:TonicsSimple ACV Sparkling CiderApple Cider ACV Ginger AleThe One Tonic: Turmeric, Ginger, Lemon, Rooibos Tea & ACVMint Ginger ACV SwitchelBasic ACV TeaGinger-Lemon ACV TeaRefreshing Green Lemonade ACV-Orange FirewaterNondairy Turmeric Milk with ACVFruity Drinks and MocktailsStrawberry-Watermelon SlushACV Strawberry-Cucumber DaguiriGrapefruit-ACV MocktailCranberry-ACV MocktailPineapple-ACV ColadaHot Apple Cider with ACVVirgin Mary-ACV MocktailACV Frozen Mixed Berry FizzACV Lime Virgin Mint JulepSmoothies (and a word about juices) Using ACV in your homemade juices Spinach-Apple Smoothie Juicy Pineapple-Cucumber SmoothieBerry Bliss SmoothiePiÃf a Colada Green SmoothieOrange-Mango SmoothieCantaloupe Creamsicle SmoothieMango Lassi

## **Book Information**

File Size: 3466 KB

Print Length: 64 pages

Publisher: Amberwood Press (August 3, 2017)

Publication Date: August 3, 2017

Sold by: A A Digital Services LLC

Language: English

ASIN: B074KRFZ38

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #42,687 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22 inà Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Cookbooks, Food & Wine #23 inà Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Health, Fitness & Dieting #41 inà Â Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

### 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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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, Smoothie, 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 BASICSà ® 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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