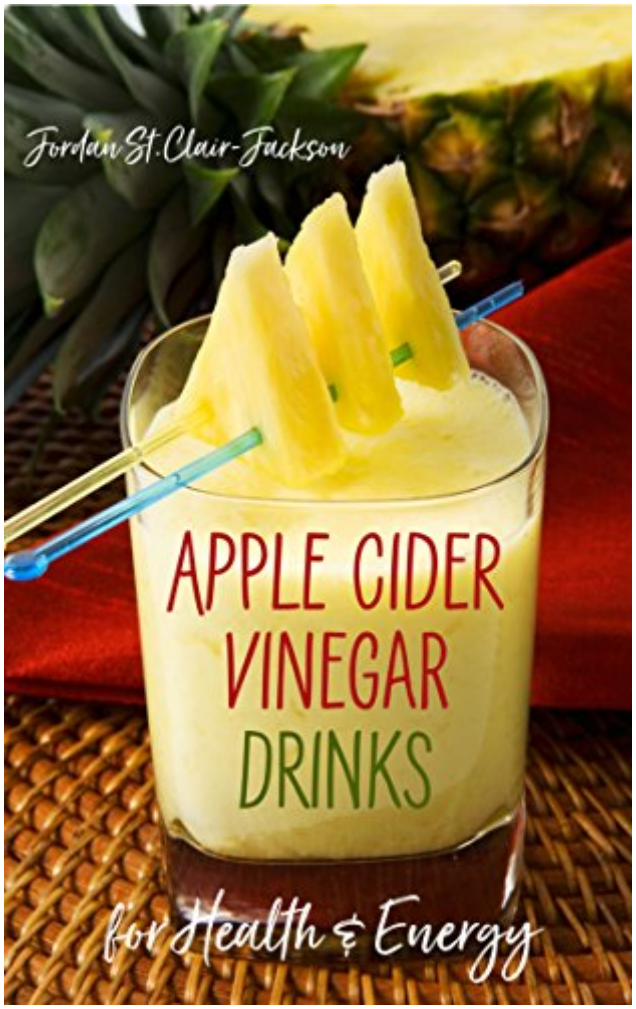
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Apple Cider Vinegar Drinks For Health And Energy: Enjoy The Benefits Of ACV With Tonics, Mocktails, And Smoothies With 25 Easy Recipes (The Best Of VegKitchen.com Book 4)




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Synopsis

On VegKitchenÃ¢â ¬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, youÃ¢â ¬â„¢ll learn about a number of other health benefits of ACV, many backed by research.The biggest complaint about ACV? Many donÃ¢â ¬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 Ã¢â ¬â • 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 hereÃ¢â ¬â„¢s what youÃ¢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 DaquiriGrapefruit-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 juicesSpinach-Apple SmoothieJuicy Pineapple-Cucumber SmoothieBerry Bliss SmoothiePiÃƒÂ 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:Ã Â 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 inÃ Â Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Cookbooks, Food & Wine #23 inÃ Â Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Health, Fitness & Dieting #41 inÃ 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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