



Everything Herbal

— by Cheryl Jabz —

Ginger & ACV Weight Loss Drink



Supports digestion,
may reduce
post-meal blood
sugar spikes.



INGREDIENTS:



-  1 tbsp apple cider vinegar
-  Juice of 1/2 lemon
-  1/2–1 tsp fresh
grated ginger
-  1 tsp raw honey
-  1 cup warm water



INSTRUCTIONS:



Mix all ingredients
thoroughly.



Drink before
meals.

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