

SERVES 1-2

Apple Cider Vinegar Detox Drink

(Low Sugar, Low Carb, Diabetes Friendly, Gluten-Free)

Isabellemckenzie.com | total time: 5 minutes



INGREDIENTS

Ice

1 1/2 tablespoons raw apple cider vinegar

1 Tablespoon fresh lime juice

1/2 cups of filtered cold water

3 tbsp fresh lemon juice

1/2 tsp ground cinnamon

1 pinch cayenne pepper

1/4 tsp of ginger

1-5 drops of liquid stevia to taste

Garnish with thawed frozen berries, mint, etc.

INSTRUCTIONS

1. In a jug, pitcher, or mason add ice, water, apple cider vinegar, lemon juice, lime juice, cinnamon, cayenne, ginger and a few drops of liquid Stevia to desired taste. Mix well.
2. Toss in any garnishes for extra flavor, like fresh ginger, and fresh fruit or the juice of thawed berries.

If you give this recipe a go, don't forget to tag me on Instagram @itsisabelle and using hashtag #cookingwithisabelle

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