

Tasty Fermented Apple Cider Vinegar Drink



Ingredients

2 tea bags of your favorite fruity tea

1 glass bottle

5 tablespoons Raw unfiltered Apple Cider Vinegar

Method

Boil water in a large mug and steep a strong cup of your favorite fruity tea. I use a mixed berry infusion for my recipe.

Allow the tea to cool. Once cool enough to add to glass, pour into your bottle, top up with fresh water (not entirely to the top) and refrigerate.

When you're ready to drink, add 5 tablespoons of ACV into the tea and pour.

The ACV flavor blends nicely with the fruit tea and you're left with a refreshing drink, with no added sugar. Enjoy all the health benefits of fermented beverages without the expense!

Source: Saving the Green



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