

INGREDIENTS

- 8 ounces of warm water
- 2 tablespoons of Bragg's® organic raw apple cider vinegar with mother—available in most grocery stores on the aisle where other vinegars are displayed
- 2 tablespoons of organic raw honey

PREPARATION

1. Shake the apple cider vinegar to mix up the unfiltered parts that have settled to the bottom of the container.
2. Add 2 tablespoons of the Bragg's® apple cider vinegar to 8 ounces of warm water.
3. Add 2 tablespoons of raw honey to the mixture.
4. Stir the mixture until the honey dissolves.
5. Drink or sip it each morning or any time throughout the day.