

APPLE CIDER VINEGAR *morning* DETOX DRINK

1 glass of warm water
2 tbsp. ACV
2 tbsp. lemon juice
½-1 tbsp. ground ginger
¼ tbsp. cinnamon
1 dash cayenne pepper
1 tbsp. raw, local honey.

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Maple Syrup Cayenne Pepper Detox Recipe

Judd E. Hollander



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