

Herbal Legacy Recipes

Delicious Hot or Cold Cider Drink

from www.bragg.com

INGREDIENTS:

- 2-3 cinnamon sticks
- 4 cloves
- Apple Cider Vinegar
- Raw Honey



DIRECTIONS:

Add cinnamon sticks and cloves to water and boil.

Steep 20 minutes or more.

Before serving add Apple Cider Vinegar and honey to taste.

(Re-use cinnamon sticks & cloves.)

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