



Apple Cider Vinegar Recipes for Health

Rachel Jones

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Are You Looking to Add Apple Cider Vinegar to Your Diet, but Don't Know Where to Start?

Millions of people across the globe take apple cider vinegar daily as a home remedy for a number of health issues. Most apple cider vinegar books tell you about the many uses of apple cider vinegar, but fall far short of providing you with actual recipes you can create to get the most bang for your buck from this powerful tonic.

Apple cider vinegar is a powerful tool by itself, but it really starts to come into its own when combined with other healthy ingredients to make recipes that mask the taste of the vinegar while complementing the health benefits apple cider vinegar brings to the table.

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