APPLE CIDER VINEGAR RECIPE GUIDE

Studies have shown apple cider vinegar (ACV) can have multiple health benefits. It supports healthy blood sugar and insulin levels which can also improve your blood pressure, cholesterol levels, and improve overall heart health!

Apple cider vinegar before each meal helps you digest carbohydrates, and is great for those who suffer from acid reflux and bloating. ACV before a meal will help keep blood sugar levels down and make you feel more full. This will help you consume fewer calories and lose weight!

Apple Cider Vinegar Drinks

Click Here to Watch the Video!

Morning Anti-Inflammatory Drink

- 1-2 Tbsp ACV, or 3-6 opened capsules
- Cayenne Pepper
- Cinnamon
- Turmeric
- Water

Sugar-Free Lemonade

- 1-2 Tbsp ACV, or 3-6 opened capsules
- Lemon Juice or Lime Juice
- Stevia, to taste
- Water
- Ice

Evening Immune Booster

- 1-2 Tbsp ACV, or 3-6 opened capsules
- Fresh Squeezed Oranges or Lemons
- Livingood Daily Vitamin C Powder
- Livingood Daily Pre + Pro + Post Biotics Blend
- Water/Sparkling Water

Healthy Blueberry Muffins With ACV

Servings: 6 muffins | Total Time: 30 minutes

- 3 eggs
- 2 cups almond flour
- 1/2 tsp baking soda
- 1/2 tsp sea salt
- 2 Tbsp coconut oil or butter, melted
- 1 Tbsp ACV (or 3 opened capsules with 1 Tbsp of water)
- 2 tsp pure vanilla extract
- 2 Tbsp Swerve (or 20 drops liquid stevia, or 2 Tbsp maple syrup, to taste)
- 1 cup fresh or frozen blueberries or a berry of choice

Preheat the oven to 350°F. In a mixing bowl, mix together the eggs, coconut oil, vanilla extract, apple cider vinegar, and sweetener. Add the almond flour, baking soda, and sea salt to the mixing bowl and mix well. Then add in your berries of choice. Spoon the batter into muffin tins lightly greased with coconut oil. Bake at 350°F for 20 minutes or until golden brown.

Chicken Apple Salad With ACV Dressing

Servings: 1 | Total Time: 15 minutes

Ingredients:

- 1 Chicken breast (cooked)
- 2 cups spinach
- 1/4 granny smith apple
- 1/4 cup nuts of choice: sunflower seeds, pecans, walnuts, etc (can also see the candied nut recipe from drlivingood.com)
- 1/4 cup feta cheese or pecorino romano cheese

Dressing:

- 1/4 cup apple cider vinegar
- 1/2 cup olive oil
- 2 tsp dijon mustard
- Salt, pepper, garlic powder (or minced clove)

Combine all ingredients together and whisk until well mixed.

Want more recipes? Check out the FREE Make Food Simple Book!

Video Resources

Is Apple Cider Vinegar Really the Miracle Everyone Thinks It Is? Click to watch!

2 Tablespoons of This Superfood Cancels Out Carbs Better Than Metformin to Lower Blood Sugar? Click to watch!

Apple Cider Vinegar For Reducing Cholesterol? Click to watch!

Click Here to Visit the Store!

1 TBSP OF ACV PER SERVING

Still can't handle the taste of ACV but want the benefits? Get the amazing benefits above with our Apple Cider Vinegar Capsules! 1 serving (3 capsules) is equal to 1 Tbsp of ACV!

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