

APPLE CIDER VINEGAR RECIPES FOR WEIGHT LOSS



ACV Recipes for Weight Loss

Berry Detox Belly Burner



- 3 cups water
- ¼ cup mixed berries
- 2 tsp. apple cider vinegar
- Stevia to taste (optional)
- Add all ingredients to a blender and blend until smooth

Cold Green Tea Tummy Tightener

- 8 oz. green tea, cooled
- 1 tsp. apple cider vinegar
- Stevia to taste (optional)
- Ice
- Mix the ingredients together and pour over ice

Strawberry Detox Lemonade



- Juice from 1 lemon
- 1 cup strawberries
- ¼ cucumber, peeled
- 1 tbsp. apple cider vinegar
- 4 cups water
- 1 cup ice
- Add all ingredients to a blender and blend until smooth

Raspberry Ab Blaster

- 1.5 tbsp. apple cider vinegar
- 1 cup frozen raspberries
- 1 cup ice
- 2 cups water
- Stevia to taste (optional)
- Add all ingredients to a blender and blend until smooth

Orange ACV



In a big pitcher, combine:

- Cold water
- 2 tbsp. apple cider vinegar
- 1 orange, sliced
- Cover the pitcher and leave the water to infuse for at least 2 hours

Carrot Stomach Shrinker

- 2 carrots, peeled
- ½ orange, peeled
- ½ apple, peeled
- Juice from ½ lemon
- ½ inch ginger root
- 1 tsp. apple cider vinegar
- 2 cups water
- Add all ingredients to a blender and blend until smooth

Quick ACV Lemonade



- Juice from 1 lemon
- 2 tbsp. apple cider vinegar
- Carbonated water
- Stevia to taste
- Pour over ice and enjoy!