



GUT-HEALTHY

from Martha Carlin's Kitchen

Herbal Spritzer with Ginger, Mint & Apple Cider Vinegar

Ingredients:

- 2 tbsp raw apple cider vinegar
- 1 tsp grated fresh ginger
- A few sprigs mint
- Sparkling water
- Optional: lemon or cucumber slice

Muddle mint and ginger in a glass. Add ACV and top with sparkling water. Serve over ice.

. Happy gut. Happy life!

With gratitude,

Martha

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