



### **Yorkshire ACV Morning Boost / Pick Me Up**

As a hot drink, for a morning boost, or a pick-me-up at anytime



### **Yorkshire Cider Vinegar Tonic**

350mls hot, boiled water  
2 tbsp Yorkshire ACV  
2 tbsp lemon juice  
1 tbsp runny honey  
1 tsp ground cinnamon.

Method:

Add all ingredients together before pouring on the hot water, and stir