



Ohio Location

7531 Patriot Drive
Findlay, Ohio 45840
Phone: 419-423-6879
Toll Free: 866-351-8794

www.ohiohcgclinic.com

Michigan Location

1020 E. Michigan Avenue, Suite H
Saline, Michigan 48176
Phone: 734-944-4040
Toll Free: 888-560-8446

www.michiganhcgclinic.com

Hot Apple Cider

Ingredients

- 1 apple juiced
- 2 Tablespoons lemon juice
- 1 Tablespoon apple cider vinegar
- ¼ teaspoon cinnamon
- Pinch of nutmeg
- Pinch of allspice
- Pinch of clove
- Pinch of lemon zest
- Stevia to taste
- Water

Directions

Heat the juice with spices and a little water in a small saucepan. Serve hot with a cinnamon stick.

Makes 1 serving (fruit)