

Easy Prepped GGMS

THM-Friendly: SIPPER

- 1 cup apple cider vinegar (with the mother)
- 5 tsp. ginger paste (You could swap it out for ginger juice; just add probably 1/4 cup)
- sweetener to taste (I used about half a tsp. of pure stevia)
- two pinches of mineral salt
- 1 cup of lemon juice

Throw all ingredients into the blender and zing them up.

Store in the refrigerator.

Make whatever drink you want...water, iced tea, THM hydrates...

Pour in a hefty glug of this concentrate. Stir well. You can add ice and/or seltzer.

enJOY!

