

COLD AND FLU BUSTER

What you need :



1/4 tsp
cayenne

+



1/3 crushed
organic garlic

+



1/4 tsp
raw ginger

+



1 tbsp organic
apple cider
vinegar

+



1 tbsp raw
and organic
honey

How to make it :

- Dissolve cayenne and ginger in apple cider vinegar
- Add honey
- Shake well
- Take 1 tbsp as needed