

# Sunrise Metabolism Booster

## Ingredients:

- 1 c. sparkling water
- 1/2 c. fresh orange juice
- 1 TB. apple cider vinegar
- 1/4 c. raspberries
- 2-3 mint leaves
- opt: 1 tsp. honey/agave/maple

## Directions:

1. Add all ingredients to a glass and stir until combined. Crush the raspberries and strawberries just a tad.
2. Slurp and Enjoy!

