

APPLE CIDER VINEGAR SAUTÉED SPINACH

INGREDIENTS

- 2 cup spinach
- 1/4 tsp. Apple Cider Vinegar
- 1/4 tsp. Olive or Avocado Oil



PREPARATION

1. Heat up a medium saucepan over medium-high heat and add the oil.
2. Then add the spinach and just as it begins to soften (1-2 minutes), pour in the ACV and mix.
3. Remove from the heat and sprinkle with salt if desired.
4. Serve.

