

# Adding

## Apple Cider Vinegar

### To Your Child's Diet



Use it in soups for your children to add a tangy flavor.



A teaspoon of apple cider vinegar in vegetable juices or lemonade can enhance the flavor.



Make the salads tastier by using apple cider vinegar in dressings.



Use the vinegar to add to the taste of your marination of chicken or veg kebabs.



You may replace the white vinegar with apple cider vinegar while preparing sauces.