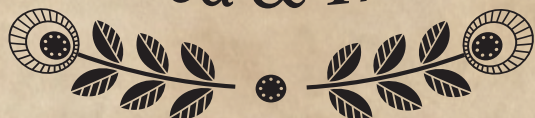


APPLE CIDER VINEGAR INFUSION

AHLBIN'S

Tried & True



Ahlbin's Fire Cider is my tried-and-true take on this well-known traditional folk remedy. I combine local raw apple cider vinegar with powerful ingredients, including raw local honey! My spicy, savory and slightly sweet Fire Cider is a perfect balance of bite, tang, and sweetness to satisfy your Fire Cider cravings.

Ahlbin's sources ingredients from farms **local to Greenfield, MA**. Owner Kara Peters supports our Local Heroes. From caring about our environment, knowing who is growing the food we eat and how and benefitting our local economy, Ahlbin's is passionate about supporting our local farms.

Local & Organic Ingredients: Raw apple cider vinegar, raw honey, organic lemon, organic ginger root, organic horseradish root, organic onion, organic turmeric root, organic garlic, organic rosemary, organic black pepper, organic jalapeño.

Ingredients are known to be rich in antioxidants and support overall health.



AHLBIN'S

Tried & True



YOU CAN MAKE
YOUR OWN,
BUT **WHY** WHEN
AHLBIN'S MAKES
IT FOR YOU?

SUGGESTIONS FOR USE:

- Swig daily or as needed to support overall well-being
- Sip when your belly is stuffed after a large meal
- Enjoy to energize your morning
- Add to a Bloody Mary or create your own cocktail recipe
- Enjoy as a tea – just add hot water to a shot
- Combine with olive oil and salt to make your favorite salad dressing or marinade
- Toast to a “Healthy New Year” with a shot



Kara started Ahlbin's in her kitchen, making Fire Cider for her family with ingredients from her own garden. She's taken her fine-tuned recipe and made it available to her community. The name "Ahlbin's" carries on the name of Kara's ancestors who came to the US from Sweden. Her traditional creations are tried and true and based on traditional folk recipes passed from family to family and generation to generation, tapping into all of our roots.

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