



FIRE CIDER

There are many fire cider recipes and you can vary it to your taste. It is a traditional folk remedy or tonic infused with powerful anti-microbial, decongestant, and circulatory improving ingredients. It has anti-inflammatory and immune boosting properties. Use Fire Cider for colds/ flu/ hangovers and to boost your immunity.

Recipe:

½ C Ginger root: peel, chop, grate, or process in food processor

½ C Horseradish: peel, chop, grate, or process in food processor **

1 lg onion: peel, chop, grate, or process in food processor

6 cloves garlic: peel, chop, grate, or process in food processor

2 hot peppers: peel, chop, grate, or process in food processor **

1 lemon: juice and zest (squeeze the juice and grate outer skin (zest))

1 3" root of turmeric: peel, chop, grate, or process in food processor **

¼ C raw honey or to taste

Apple cider vinegar, raw, unpasteurized

Optional herbs and spices (see below)

Prepare all the ingredients and place in a mason type jar (1 quart). The amounts are a guide only, the recipe can be varied considerably. Fill the jar with apple cider vinegar and cover with a lid. If using a metal lid, use wax paper or plastic to keep the vinegar away from the lid. Place in a cool, dark location. Shake daily (or when you remember). Leave to infuse for a minimum of 2 weeks, the longer the better. Strain. Keep the liquid. Place in clean jars and store on the counter or the fridge.

**Horseradish is very potent - adding a bit of vinegar part way through processing with a food processor will help.

** Use caution with hot peppers - they can leave residue on your skin which is very hot.

** Turmeric can stain the skin orange - gloves can be helpful.