



FIRE CIDER

FIRE CIDER IS AN IMMUNE-SUPPORTING HERBAL TONIC. CONSUME BY ITSELF OR AS A HEALTHY DRESSING.

INGREDIENTS

- 1 medium onion, diced
- 4 to 5 cloves of garlic, chopped
- 3 to 4 tbsp fresh grated horseradish
- 3 to 4 tbsp fresh grated ginger root
- 3 to 4 tbsp fresh grated turmeric
- raw unpasteurized apple cider vinegar
- 1 lemon, orange, or grapefruit
- fresh herbs like rosemary, thyme, oregano
- hot chilis
- black peppercorns
- local raw honey, optional

DIRECTIONS

1. Layer ingredients in a glass jar, then cover with apple cider vinegar.
2. Cover, and store in a cool dark place for 2 - 4 weeks.
3. Poor liquid through strainer to remove herbs and roots.
4. Enjoy on its own, or as a healthy dressing for salads, etc.

Tip from Dr. Adelena: double or triple the recipe to prepare a larger batch!