

Fire Cider Recipe:

Variations of the concoction are used by many as a simple and effective remedy to relieve sinus congestion, ward off colds and flus, aid digestion, and increase circulation. It can be sipped, taken as a tonic, mixed with other beverages, or used in cooking. My preferred method is a shot glass full every morning followed by water. Others I know mix it with hot water, lemon and honey and make a beverage. I do not like the taste that much, especially in the morning and I find the benefits for me are best on an empty stomach.

There are many recipes out there, but I suggest that you don't over think it and stick to the basics and adjust to taste and the curative benefits of specific ingredients. I do not measure anything.



Most recipes include ingredients like fresh horseradish, garlic, onion, ginger, and dried chile hot peppers. I add ground turmeric root to mine for its anti-inflammatory properties as well as slices of lemon (or lime or orange), peppercorns and sometimes fresh rosemary. I put it into a large glass jar (or two) and pour Braggs unfiltered cider vinegar over it. Put a screw top on, if using metal lid put parchment or wax paper between so vinegar does not corrode the lid. Let it sit for 3-4 weeks in a cool dark place, give it a shake from time to time. Strain out the solids and pour back into jars. I refrigerate after that. I think this elixir is immune-boosting and helps with digestion and

congestion. Tons of articles out there about it, enjoy!