



FIRE CIDER

Some folks swear by taking a shot every day to keep cold and flu vibes at bay. Others are on it the moment they feel a sniffle coming. And get this – you can even get creative and use it as tea blended with hot water, a salad dressing or drizzle it over veggies.

Now, let's talk benefits – (although there is no proven research, some people swear by it). It's said to be a support system for your immune squad to help ward off those pesky seasonal bugs or allergies, helps keep that blood sugar in check, and is said to lend a helping hand with weight loss.

So, if you aren't a fan of "over the counter" or prescription cold and flu remedies, why not give it a shot and see if Fire Cider vibes with you? Just check in with your doc if you're juggling medications, to make sure there are no conflicts.

I take a shot now and then throughout the cold and flu season mixed with water, and I like to use it as a salad dressing. And because it has to sit for 30 days before it's fully infused, you might want to make it now so you have it on hand. It'll keep for about 3 months in the fridge after the 30 day infusion period.

Ingredients (choose organic whenever possible)

- 1 small onion, coarsely chopped
- 3/4 cup horseradish root, peeled, coarsely chopped
- 10 cloves garlic, peeled and smashed
- 1/4 cup ginger root, coarsely chopped

- 1/4 cup turmeric root, coarsely chopped
- 2 Jalapeno peppers, sliced (with seeds)
- 1 lemon, quartered
- 1 lime, quartered
- 1 orange, quartered
- 1 cinnamon stick
- 4 whole cloves
- 1 tablespoon whole black peppercorns
- 1 pinch cayenne pepper
- 2 twigs of thyme
- 2 twigs of rosemary
- 2 tablespoons honey (local honey if possible)
- 3 cups (or more to cover all ingredients in the jar) Organic Cider Vinegar – with “the mother.” The jar will say “*with the mother,*” and if it doesn’t, then “the mother” has been removed.

What the heck is “the mother?” “The Mother” of vinegar is an affectionate name given to the somewhat thick and opaque content of raw, unpasteurized vinegar. “The Mother” is often regarded as the most nutritious part of the vinegar. ‘The Mother’ of vinegar can form in any unpasteurized vinegar, but it is most common in apple cider vinegar. It has a Latin name *Mycoderma aceti* which means ‘skin of the acid’.

Instructions

1. Wash all ingredients well before cutting, peeling or chopping set aside in a colander.
2. As you cut them (in the order listed above) load them into your mason jar in that order (meaning the onion goes into the jar first, horseradish root second, garlic third, and so on). When loading in the lemon, lime and orange, into the jar squeeze the juice into the jar, then drop in the rind (don’t worry if seeds get in there, it’s all good).
3. Once everything is in the jar, pour the Apple Cider Vinegar over the top – enough to cover all of the ingredients, then cover the opening of your jar with a piece of parchment paper and seal it up tightly. The

parchment paper will keep the acidity from destroying your jar gaskets or lid.

4. Give it a good shake to gently combine and let it sit in a dark spot (such as a pantry or cupboard) for 30 days .
5. Mark the date it'll be ready on my jar with a post it note so you don't forget.
6. On day 30 (when it's "ready"), strain the liquid through a cheesecloth-lined strainer or sieve into a large measuring cup and discard the solids. Gather up the corners of the cheesecloth to squeeze out as much liquid as possible. Then transfer the liquid into smaller mason jars (or containers), cover the openings with parchment paper, tightly seal and store the healing liquid in the fridge.
7. When you are ready to drink the fire cider, add 1 tablespoon of Fire Coder to 1 cup warm water, or 1 cup seltzer water, or 1 cup fresh squeezed orange or grapefruit juice or a cup of tea.
8. You can also add more honey or lemon to suit your taste (but taste it first and be careful of too much honey as it's still considered "sugar").

Cheers to your health!