



Immune Boosting Fire Cider Recipe

Serving Size per Day: one tablespoon diluted in 6 oz of water and work up to 3 tablespoons for a full dose.

Fire cider provides very similar immune-boosting benefits to that of elderberry syrup. Fire cider can be diluted with water or tea and be taken when you are feeling under the weather.

INGREDIENTS

(Use organic ingredients where possible)

- ½ cup peeled and shredded/diced ginger root
- ¾ cup peeled and shredded/diced horseradish root
- ½ cup peeled and diced turmeric
- ½ cup white onion, chopped
- ¼ cup minced or crushed garlic cloves
- 1 organic jalapeño pepper, chopped
- 2 organic lemons – zested and juiced
- 16 oz raw apple cider vinegar
- Raw, organic Manuka honey to taste

METHOD

1. In a mason jar, add ginger, horseradish, garlic, and onion.
2. Add jalapeño and lemon juice, and zest as well.
3. Press down all vegetables in the jar before adding apple cider vinegar. Fill the rest of the jar full of raw apple cider vinegar until everything is covered.
4. Place the lid on and put in a room temperature area for two to four weeks. Once complete, shake the mixture well and strain through a thin-mesh sieve.
5. Add in Manuka honey and store in the fridge for up to 8 weeks.