



Recipe for Fire Cider

Ingredients:

- ½ cup grated fresh horseradish root
- ½ cup or more fresh chopped onions
- ¼ cup or more chopped garlic
- ¼ cup or more grated ginger
- Chopped fresh or dried cayenne pepper. It can be whole or powdered. Make it a medium to hot because the honey will sweeten the FIRE.
- Options: Turmeric, Echinacea, cinnamon
- Apple Cider Vinegar
- Raw Honey (used after 4-6 weeks)

Directions:

1. Place herbs in a glass jar and cover with raw unpasteurized Apple Cider vinegar to cover the herbs by 3-4 inches. Cover with a tight-fitting lid.
2. Place jar in a warm place for 4-6 weeks. Shake every day to help in the maceration process.
3. After 4-6 weeks, strain the herbs, and reserve the liquid.
4. Warm the honey first so it mixes in well. Add honey 'to taste' -your Fire Cider should taste hot, spicy, and sweet.
5. Fire Cider will keep for several months unrefrigerated if stored in a cool pantry. Better to store in the refrigerator if you've room.

Best to make this Fire Cider on the New Moon in Aries. Let it brew for 6 weeks to be ready on the Full Moon in Scorpio. A shot glass daily serves as an excellent tonic for your immunity.

Enjoy! *Recipe by Rosemary Gladstar.