



Weekly Wellness Fire Cider

From: Andy Yavello

Serves: 20+

Prep Time: 30 min

Cook Time:

Instructions

- 1) Quarter onion and half garlic, then add them to the jar, peel and all.
- 2) Add rosemary, ginger, turmeric, and horseradish to jar.
- 3) Half the lime, lemon, and orange. Squeeze them into the jar and put peel in as well.
- 4) Half jalapenos and add on top.
- 5) Add in cinnamon and peppercorns.
- 6) Top off the jar with raw apple cider vinegar.
- 7) Cover the top with parchment paper and put lid on over top of the parchment paper.
- 8) Shake daily for 4 weeks.
- 9) Strain and store in refrigerator.

Notes

Take 1 2 tablespoons, 1 2 times daily at the first sign of a cold, if I'm around a bunch of sick people, or if I have stomach issues.

You can mix with honey if desired. To mix, use 2 parts fire cider and 1 part honey.

Ingredients

- 1 Whole Onion
- 1 Head of Garlic
- A Couple Sprigs of Rosemary
- 2 Tbsp Ginger (Grated)
- 2 Tbsp Turmeric (Grated)
- 2 Tbsp Horseradish
- 1 Lime
- 1 Lemon
- 1 Orange
- 2 Jalapenos (or 1 Habanero)
- Apple Cider Vinegar
- Couple Cinnamon Sticks
- Handful of Peppercorns

