

IMMUNE BOOSTING FIRE CIDER



Ingredients:

- 1 red onion
- 1 large orange
- 1 lemon
- 1 head of garlic
- 2 jalapenos
- 7 dried cayenne peppers
- 1 tsp peppercorns
- 10 cloves
- 1 bunch of rosemary
- 1 bunch of thyme
- 1 handful ginger
- 1 handful turmeric
- 2 cinnamon sticks
- Apple Cider Vinegar (ACV)

Instructions:

1. Prepare a ½ gallon canning jar. Chop all produce and add to your mason jar as you go.
2. Add rosemary, thyme, peppercorns, cayenne peppers, cloves and cinnamon sticks.
3. Fill your jar to the top with ACV. Place a sheet of parchment paper between the jar and your lid (this will help any corrosion from happening between the ACV and the metal lid). If you are using a plastic lid, you can skip this step.
4. Let your fire cider sit on the counter or in the pantry for 4-6 weeks. Gently shake your jar once per day. Every couple of days, open the lid and check the level of ACV. If it is not to the tip top, just add more ACV to top it off.
5. After 4-6 weeks, strain and squeeze all your cider from the produce. At this time, you can add a sweetener if you choose (honey, maple syrup, agave, etc). This is an optional step.
6. Store your fire cider in a clean mason jar in the pantry or in the fridge. Keeping it in the fridge and adding a sweetener will help the fire cider keep longer and stay fresher. Most fire cider will keep for up to a year.
7. Take 1 tablespoon each morning or when feeling ill. You can take a dose up to 2-3x a day.

If your Fire Cider begins to look or smell differently or is getting slimy, it is time for a new batch.