

# Best Homemade Fire Cider

**Homemade Fire Cider Recipe:** A spicy, pungent, herbal tonic with a sweet glow. Drink it each morning to enjoy its health-boosting effects or get creative and explore the many ways to use fire cider shared in the post! Fire Cider Tonic is an age-old remedy popular in the herbal community, and especially popular during flu season. Learn more about this magical tonic and how easy it is to make!

Time: 60 minutes

Total Time: 28 days

Serving Size: 1.5 quart

## Benefits

- Boost Immunity- lots of Antioxidants
- Helps with Digestion
- Promotes better Blood Sugar Balance
- Fights Inflammation
- Breaks up Congestion
- Helps manage Achy Joints
- Helps reduce cold and flu symptoms
- Will warm you up on a cold day

## Equipment

- 2 quart-sized Mason Jar with lid or canning jar
- Ingredients
- 3 cups Organic Unfiltered Apple Cider Vinegar plus more as needed to cover the ingredients
- 7 oz Fresh Horseradish, grated or roughly chopped approximately 1 cup
- 7 oz Fresh ginger, grated or roughly chopped approximately 1 cup
- 2 oz Fresh Turmeric, grated or roughly chopped approximately 1/4 cup
- 1 Medium Onion, chopped • 10 Garlic Cloves, crushed or chopped
- 1 Lemon, sliced and I also added 1 Lime, sliced
- 1 Orange, sliced
- 2-3 Jalapeño Peppers, sliced or 1/4 – 1/2 tsp organic cayenne powder or both
- 3 Cinnamon Sticks
- 3 Sprigs of Fresh Rosemary approximately 0.1oz
- 6 Sprigs of Fresh Thyme approximately 0.1oz
- 1 tsp Peppercorn

Optional Sweeten Once Fire Cider Has Fermented and Is Ready To Use

- Optional- 1/2 cup honey, plus more as desired to improve taste

## Instructions

1. Peel and grate the horseradish.
2. Add it to a 1.5-2 qt sized jar along with the sliced ginger, turmeric, jalapenos, onion, orange, lemon, and garlic.
3. Then, add the fresh herbs, cinnamon sticks, and peppercorns.
4. Pour the apple cider vinegar into the jar, making sure all the ingredients are fully covered. Add as much ACV as needed to cover the ingredients (this prevents the ingredients from spoiling).
5. Seal the jar. Use a piece of parchment paper under the lid to keep the vinegar from touching the metal, or a plastic lid if you have one.
6. Shake the jar to combine the ingredients and store the jar in a dark, cool place for up to 4 weeks.
7. Remember to shake the jar once daily to mix the ingredients. (I like to store the jar in the pantry where I can see it daily and remember to shake it)
8. After three to four weeks, use a fine-mesh strainer or cheesecloth to strain out the pulp and solid ingredients. Squeeze as much liquid out of the ingredients as you can.
9. Stir in the honey until it is incorporated. Taste and add more honey to reach your desired sweetness.

Your fire cider should taste hot, spicy, and sweet.

Store sealed in an airtight jar. Keep in the refrigerator or in a dry, cool place for up to 6 months.

## Dosage

Enjoy 1-2 tablespoons daily or use the fire tonic when cooking!

## Notes

The most common way to use fire cider tonic is to drink 1-2 tablespoons each morning. You can sweeten it with a bit of honey before drinking it (which makes it super tasty!) or dilute it with water or juice.

You can add this to a salad dressing or drizzle over your favorite vegetables.

Enjoy a tablespoon or two a day, or when you feel you are coming down with a cold.