

FREE FLOW BOTANICALS

Kickin' Fire Cider

Fire cider is a Fall and Winter staple because it's warming, spicy, supportive, and incredibly easy to make!

Recipe

Ingredients:

- 1 - medium horseradish (roughly chopped or shredded)
- 1 - medium onion (roughly chopped)
- 1 - 3" piece of fresh ginger (sliced)
- 1 - medium sized jalapeno pepper (sliced)
- 1 - sprig fresh rosemary or 1 tablespoon dried rosemary
- 1 - small cayenne pepper or a pinch of powdered pepper to taste
- 1 - lemon cut into wedges
- 32 fl oz raw apple cider vinegar

Optional ingredients:

Thyme, garden sage, oregano, sliced orange
Raw honey to taste

Directions:

- Add horseradish, onion, ginger, jalapeno, rosemary, cayenne pepper, and lemon to a 32 or 64 fl oz glass jar.
- Add enough apple cider vinegar to cover.
- Cap with wax paper to prevent rust and close lid tightly
- Allow to sit for 2-3 weeks in a cool, dark spot. Shake daily or every other day
- Strain out the herbs and lemon peel
- Add honey to mixture to taste
- Pour into glass storage bottles / containers and store in fridge

To use:

Take 1-2 tablespoons per day to keep your immune system strong, or 2-4 tablespoons a few times daily as a remedy for colds and flus. To protect teeth enamel, dilute in a bit of warm water before drinking.



Notes: This information has not been evaluated by the Food and Drug Administration and is provided for educational purposes only.

Fire cider is safe for most individuals, however those with gastrointestinal issues may find this herbal tonic slightly irritating. If in doubt, always consult with a trained herbalist or health practitioner before taking any herbal remedies.