

Fire Cider

In a quart jar add:

1 part Horseradish
1 part garlic
1 part onion
1/2 part ginger
1/4 tsp. cayenne

Fill the jar to the neck and then cover with apple cider vinegar. If using a metal lid and ring, place a piece of parchment paper or wax paper on the rim first before adding the lid and ring to avoid leakage and corrosion. Shake well. Leave in a cool, dark place for 4-6 weeks and shake daily. Strain and add raw honey to taste. You can start with a 1/4 cup of the honey and add more from there. This is a wonderful tonic (but also tastes great as a salad dressing!)

Other immune boosting additions include:

Fresh tumeric
Jalpeno peppers
Fresh thyme sprigs

Recipe by Rosemary Gladstar