



Fire Cider

INGREDIENTS

- 1 medium onion, chopped
- 4-5 cloves of garlic, coarsely chopped
- 3-4 tablespoons freshly grated ginger root
- 3-4 tablespoons freshly grated horseradish root
- 1 hot chili sliced length wise
- 1 lemon sliced
- 16 oz Unfiltered apple cider vinegar
- Honey or maple syrup

DIRECTIONS

1. Combine onion, garlic, ginger, horseradish, chili & lemon in a wide mouth glass jar.
2. Warm enough vinegar to fully cover & pour over.
3. Cover, place in warm spot & let sit for 3-4 weeks, shaking daily.
4. Strain and discard the spent herbs
5. Add honey or maple syrup to taste