



Amazing Fire Cider

1 1/2 cups apple cider vinegar
Juice of 2 oranges (2/3 cup)
1 1/2 tbsp grated fresh turmeric (or 1 1/2 tsp dried)
1/4 cup grated fresh horseradish
1/4 cup grated fresh ginger
1 1/2 tbsp chopped garlic
1/4 cup chopped onion
1 jalapeno pepper, seeded and chopped
Rosemary, thyme and black pepper (as desired)
1/4 cup honey

Place all the ingredients (except the honey) in a 1 litre (1 quart) Mason Jar. Stir. Place a lid on the jar and let it sit for two weeks at room temperature. Strain out the ingredients with a nylon sieve and return to the Mason jar. Add the honey and mix well. Cover with a lid and store in the refrigerator. To use: Put 1-2 tsp in 1-2 tbsp water and drink. Or use it anywhere you would use vinegar and where a spicy flavour is desired.