

FIRE CIDER

Ingredients:

- $\frac{1}{2}$ cup grated fresh horseradish root
- $\frac{1}{2}$ cup or more fresh chopped onions
- $\frac{1}{4}$ cup or more chopped garlic
- $\frac{1}{4}$ cup or more grated ginger
- Apple cider vinegar.
- Cayenne pepper - optional

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Instructions:

1. Add all chopped items to a mason jar.
2. Cover with Apple Cider Vinegar
3. Shake and add more ACV if needed.
4. Cover with a plastic lid or put parchment or plastic wrap between the lid and liquid if
5. using a metal lid.
6. Shake daily for 4-6 weeks
7. Strain after 6 weeks and add an equal amount of honey, less or none to taste.
8. Take 1-3 Tbsp daily as needed or prevention
1-2 tsp for kids under 10. 1/2 tsp for those 1-3.

