

Fire Cider Herbal Tonic

A herbal tonic for daily immune system support.

Prep Time: 15 minutes - Resting Time: 12 days - Total Time: 12 days

Ingredients

- 4 cups unpasteurized apple cider vinegar
- 2 cups chopped onion
- 1/2 cup chopped fresh turmeric
- 1/2 cup chopped fresh ginger
- 1/2 cup coarsely grated fresh horseradish
- 1/2 cup chopped garlic
- 1 bunch fresh thyme
- 1/2 cup halved fresh rosehips
- 1 whole lemon chopped
- 1 whole lime chopped
- 1 whole orange chopped, or 2 mandarins
- 2 whole fresh habanero peppers chopped

Instructions

- Layer prepared ingredients into a clean 1/2 gallon glass jar, then cover them with the apple cider vinegar.

- Cover the jar with a lid and let sit at room temperature out of the sun for 2 weeks.

- Strain liquid into a bowl, pressing the ingredients with the back of a spoon to release as much liquid as possible, and discard everything else.

- Pour the strained liquid into a dark glass bottle (amber) and store it away from light and heat.

- Optionally sweeten the fire cider to taste with raw honey or maple syrup for a vegan-friendly version, to lessen the spiciness of the “shot”.

- Cover the jar with a lid and store at room temperature out of the sun for up to 6 months.