



Classic Mountain Rose Herbs Fire Cider Recipe

Ingredients

- 1 medium organic onion, chopped
- 10 cloves of organic garlic, crushed or chopped
- 2 organic jalapeno peppers, chopped
- Zest and juice from 1 organic lemon
- 1/2 cup fresh grated organic ginger root (or organic ginger root powder)*
- 1/2 cup fresh grated organic horseradish root (or organic horseradish powder)*
- 1 Tbsp. organic turmeric powder*
- 1/4 tsp. organic cayenne powder*
- 2 Tbsp. of dried rosemary leaves*
- Organic apple cider vinegar*
- 1/4 cup of raw, local honey, or to taste

Directions

1. Prepare your roots, fruits, and herbs and place them in a quart-sized glass jar. If you've never grated fresh horseradish, be prepared for a powerful sinus-opening experience!
2. Pour the apple cider vinegar in the jar until all of the ingredients are covered and the vinegar reaches the jar's top.
3. Use a piece of natural parchment paper under the lid to keep the vinegar from touching the metal, or a plastic lid if you have one. Shake well.
4. Store in a dark, cool place for a month and remember to shake daily.
5. After one month, use cheesecloth to strain out the pulp, pouring the vinegar into a clean jar. Be sure to squeeze as much of the liquidy goodness as you can from the pulp while straining.
6. Next comes the honey. Add and stir until incorporated.
7. Taste your cider and add more honey until you reach the desired sweetness.

*These ingredients can be found at www.mountainroseherbs.com

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