



## Fire Cider Elixir

An age-old recipe used as a digestive tonic and to help create alkalinity in our system. Take one spoonful a day, ideally first thing in the morning on an empty stomach. I suggest another spoonful if you feel under the weather or have a raunchy tummy. A wise person one said, “a spoonful a day keeps the doctor away.”

### Ingredients:

One white onion, peeled and chopped

One whole peeled and chopped garlic bulb

One big thumb-sized piece of ginger root, peeled and grated

One big thumb-sized piece of horseradish root, peeled and grated

One jalapeno or cayenne pepper, deseeded and chopped

2 pieces of turmeric root, peeled and grated

One orange, peeled and chopped into chunks

One 32 oz. jar of Bragg's apple cider vinegar or other brand with the floaty bits inside

Local honey

Chop up all the potent and wonderful fruit and veggies and place into a jar. Fill with the Apple cider vinegar until all the pieces are completely covered. Place the lid on and let it sit on the counter for 4-6 weeks. You can gently shake it about or turn the jar over a few times every few days. Grab a bowl and a strainer. Strain off the liquid and squeeze out any remaining juice from the leftover mush. Get all that goodness out!! Mix into a bottle with a ratio of 3/4 of this liquid and 1/4 local honey. Stir or shake vigorously for several minutes (5-10) until it is all incorporated. Keep this elixir in the fridge. Take one tablespoon daily and more frequently if you are feeling off. I say “shake and take”.