

# Fire Cider

\*1/2-3/4 Onion of Choice

\*1/2 C Choped Turmeric Root

\*1-2 Jalapenos

\*1 Bunch Thyme

\*1 C Honey

\*1/2 C Chopped Ginger Root

\*5-6 Cinnamon Sticks

\*1 Bunch Rosemary

\*2 Cloves Chopped Garlic

\*64 Oz Apple Cider Vinegar

Add everything but the honey in a jar (I use gallon size to fit all ingredients). If you use a mason jar style, place parchment paper in between lid and jar. Let sit 4-6 weeks and strain with cheesecloth & add honey. Take 1 TBSP a day for digestive/probiotic health or take as soon as you feel the sniffles come for immune health!

