



30 servings



20 minutes



elderberry fire cider

ingredients:

- 1/4 cup elderberries, fresh or dried
- 3 tbsp grated ginger root
- 3 tbsp grated horseradish root
- 3 tbsp grated fresh turmeric
- 1 onion, chopped
- 10 cloves garlic, chopped
- 2 jalapeños, chopped
- zest and juice of 1 orange
- 2 tbsp dried rosemary
- 1/4 tsp cayenne powder
- 3 cinnamon sticks
- 1 quart apple cider vinegar
- 1/4 cup raw, local honey
- * organic, if possible

instructions:

1. Prep roots, fruits and herbs and put into a quart-sized mason jar.
2. Pour the apple cider vinegar over the herbs so that it fills the jar. Place a piece of parchment paper under the lid to keep the vinegar from corroding the metal.
3. Store in a cool, dark place and gently shake a few times a week.
4. After 4-6 weeks, strain the pulp into a nut milk bag or cheese cloth, and squeeze well. Add honey and stir until well incorporated.
5. Taste your Fire Cider and add more honey if you prefer a sweeter taste.
6. Add to dressings, take a tablespoon when you're feeling achy, add to soups and stews, pour over grain dishes and add to sparkling water for an immune-boosting, energy-giving beverage!

the cuisine of health

- Elderberries are the most famous go-to for colds and the flu...
 - quiets and quells cold and flu symptoms
 - prevents and addresses upper respiratory infections
 - shortens length of sickness
 - enhances immune function
 - loosens and expels congestion in lungs