



FIRE CIDER

Laura Lawrence - Food Prood

FIRE CIDER

A great way to boost your immune system all winter long

To use: Take 1 tablespoon daily as a tonic or up to 3 tablespoons during an infection

Ingredients:

- ½ cup fresh grated organic ginger root
- ½ cup fresh grated organic horseradish root
- 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
- Several sprigs of organic rosemary or 2 tbsp dried rosemary leaves
- 1 tablespoon turmeric powder (or freshly grated)
- ¼ teaspoon organic cayenne powder
- ½ to 1 quart organic apple cider vinegar
- ½ to ½ raw local honey to taste

1 Quart Jar needed



FIRE CIDER



Directions:

Prepare all the ingredients except the honey as mentioned above. Place all the ingredients besides the apple cider vinegar & honey into a quart jar. Fill the jar with the apple cider vinegar. Cover with a plastic lid or if using a metal lid place a piece of parchment paper in between as the vinegar will corrode your lid. If you remember give it a shake a few times during the month.

After one month place a piece of cheesecloth over a colander or use a fine mesh colander and strain. Start by adding in $\frac{1}{4}$ cup honey and taste, if you'd like to add more honey you can. Voila!!

CONTINUE BUILDING YOUR HERBAL CONFIDENCE

I HOPE YOU ENJOYED LEARNING NOT JUST HOW TO MAKE FIRE CIDER — BUT HOW HERBAL REMEDIES TRULY WORK.

UNDERSTANDING THE WHY BEHIND THE RECIPE IS WHAT BUILDS REAL CONFIDENCE IN THE HOME.

THIS EXCLUSIVE PREVIEW LESSON IS SHARED WITH YOU AS A GLIMPSE INSIDE MY ONLINE HERITAGE LEGACY MEMBERSHIP — WHERE WE STUDY HERBS, GARDENING, TRADITIONAL COOKING, SOURDOUGH, AND SEASONAL LIVING IN A STEADY, STRUCTURED WAY.

INSIDE THE MEMBERSHIP, WE:

- STUDY ONE HERB AT A TIME
- LEARN TRADITIONAL USES AND SAFETY
- CREATE PRACTICAL REMEDIES
- BUILD A HOME APOTHECARY SEASONALLY
- CONNECT GARDENING, KITCHEN SKILLS, AND HERITAGE LIVING

IF THIS STYLE OF LEARNING RESONATED WITH YOU, I WOULD LOVE TO CONTINUE TEACHING YOU.

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QUESTIONS?

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