It is Fire Cider Awareness Week! Get out, get your ingredients and make up a nice batch of fire cider to share with your friends and family! Full instructions can be found at http://www.herbalrootszine.com/kids-can-make-fire-cider-too/

What is fire cider anyway?

Fire Cider

Is a deliciously sweet, sour and spicy folk remedy made popular by herbalist Rosemary Gladstar for treating colds, flus, digestive issues, sinus infections, nausea and more.

It typically is made with apple cider vinegar, honey, onions, horseradish, garlic and ginger plus a few herbs chosen by the individual herbalist who blends it.

Drink a shot of fire cider daily to keep you in good health. If you prefer, you can add it to a cup of water or use it as a spicy salad dressing.

For more information and to get started making your own, go to: www.herbalrootszine.com/kids-can-make-fire-cider-too/

Print this label out to put on your jar as it is steeping. Once your recipe is done and you bottle it up, print out additional labels to put on your bottles. Be sure to add the date you made it and any additional ingredients you have added!

Print this handy card out on card stock or other thick paper, cut out and attach to your bottles with a pretty ribbon when gifting your fire cider to friends and family. Help spread awareness by sharing your fire cider!

My Own Special Recipe

Fire Cider

Made fresh on:

Ingredients:

Apple cider vinegar, honey, onions, horseradish, garlic, ginger

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