

## Fire Cider for Resilience

Mason jar

3-5 cloves of garlic

1 medium onion

1-2 hot peppers of choice

1 cup of goldenrod flowering tops & leaves

zest and juice of an organic lemon or orange

3/4 cup raw honey (more or less depending on desired sweetness)

raw apple cider vinegar

Chop the garlic, onion, & pepper, place in jar

Stuff in the goldenrod

Add zest and juice of lemon or orange

Pour honey and apple cider vinegar to cover and fill to neck of the jar

Shake vigorously to mix everything together

Use a piece of parchment paper under the lid to keep the vinegar from touching the metal, or use a plastic lid

Let sit 2-3 weeks and then strain and keep refrigerated

Enjoy!

Take a spoonful or add to hot water or tea as a winter wellness boost to build resilience or daily at the onset of a cold or flu.

Here's another variation:

<https://blog.mountainroseherbs.com/fire-cider>

You can purchase dried herbs from Mountain Rose or Pacific Botanicals.