

Fire Cider Bone Broth - Combining gut health restoration with immunity goodness, this fire cider bone broth will become an established staple in your house during these cold winter months.

Ingredients

- 16 oz bone broth
- 1 lemon (juice & zest)
- Knob of fresh ginger root (grated)
- Knob of fresh horseradish root (grated)
- Knob of fresh turmeric root (grated) or 1 tsp - 1Tbsp turmeric powder
- 1 tsp of whole black peppercorns
- 2 Tbsp raw apple cider vinegar
- 1 Tbsp raw local honey (if possible)
- 1 jalapeno (sliced)
- 3 cloves garlic (crushed)
- ½ small onion (chopped)
- Couple dashes of cayenne pepper

Directions

1. Add all the ingredients to a medium saucepan on medium heat.
2. The broth should come to a boil, then reduce heat and simmer for 5-10 minutes. Taste and adjust flavor as needed. The broth should have the perfect amount of zing, acidity, and kick! Then turn off the heat.
3. Set a strainer over a medium bowl or large measuring cup to strain the liquid away from the solids. If the bone broth is too potent for you, dilute with hot water or more bone broth.
4. Store (strained) leftovers in the refrigerator up to 2-3 days. Reheat on the stovetop until just warm.

Notes

1. If there are certain ingredients that you don't like or like more of, feel free to change the measurements to preference. *Just make sure to keep black pepper with turmeric as they work concurrently as an anti-inflammatory.
2. The final product will taste differently depending on what bone broth brand you use as some brands have added flavorings to their broth. To make sure you are in control of the flavoring, I would use this bone broth brand as the broth in itself is very mild tasting: [Bonafide Provisions](#)
3. You can also turn this recipe into a tonic! Simply replace bone broth with water and/or raw apple cider vinegar and add all ingredients (minus honey) to a large 32 oz Mason jar. Make sure you fill to the neck of the jar with vinegar. Place a small piece of wax paper underneath the lid, fit the lid on the jar tightly and place in a dark area (like a cabinet) for 30 days. Every day, make sure you invert the jar a couple times to make sure everything is mixed. After a month, strain the liquid away from the solids. Add honey and mix until dissolved. Store tonic in a bottle in the fridge.