Grounded Goodwife’s Fire Cider

Ingredients

·       32-ounce glass jar

·       Apple cider vinegar (raw, unpasteurized)

·       4 cloves garlic, chopped

·       1 medium onion, chopped

·       2 tablespoons chopped horseradish

·       ½ teaspoon cayenne powder

·       1 tablespoon chopped ginger root (or 2 teaspoons powdered ginger)

·       ¼ cup elderberries

·       1 small apple, chopped

*Optional ingredients:*

·       1/8 cup astragalus root (or 2 tablespoons astragalus powder)

·       1 tablespoon chopped turmeric root (or 2 teaspoons turmeric powder)

·       5 black peppercorns, ground (or 1/8 teaspoon ground black pepper)