

# Low-Histamine Organic Fire Cider

~Nel

## Ingredients (All Organic)

- 1/2 cup fresh ginger root, peeled and chopped
  - 1/2 cup fresh turmeric root, peeled and chopped (or 2 tbsp powder if fresh unavailable)
  - 1/2 cup horseradish root, peeled and chopped
  - 1 small organic onion, chopped
  - 1–2 cloves garlic, minced (optional, some histamine-sensitive people tolerate in small amounts)
  - 1 small fresh chili or 1 tsp cayenne powder (optional, for heat)
  - 2–3 cups filtered water
  - Juice of 1–2 fresh lemons
  - 2–3 tbsp raw organic honey (or maple syrup for strict vegan/low-histamine)
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## Instructions

1. Prepare the roots:
  - Chop all roots into small pieces. Using a food processor is fine.
2. Simmer gently:
  - Place chopped roots and onion in a small pot with 2–3 cups of water.
  - Bring to a simmer (do not boil aggressively) and let cook for 20–30 minutes.
3. Strain & cool:
  - Remove from heat, strain the liquid into a clean jar.
  - Allow to cool slightly.
4. Add lemon & sweetener:
  - Stir in fresh lemon juice and honey or maple syrup.
5. Store:
  - Keep in a glass jar in the fridge for up to 2–3 weeks.
  - Take 1–2 tsp daily as a preventive tonic or 1 tbsp during a cold.

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### **Tips for Low-Histamine Version**

- Avoid apple cider vinegar or fermented ingredients; use water + lemon instead.
- Use freshly prepared roots; dried or old roots may have higher histamine content.
- Test garlic and chili in small amounts if highly sensitive.