HEALTH-CRUSH

Food for the Body, Mind & Soul

ORANGE BITTERS

Warm your soul with the bitter-sweet goodness of deliciousness. Orange bitters to ease your belly or toast with a Manhattan!

SERVINGS	SERVING SIZE	TIME TO MAKE
25	1 FLUID OUNCE	5 MINUTES +
25	THEOLD CONCE	
-		INFUSION

INGREDIENTS

- 1 Tablespoon dried Sarsaparilla
- 1 Tablespoon dried Angelica root
- 1 Tablespoon dried Elder berries
- 1 Tablespoon dried Coriander seeds (crushed)
- 1 Tablespoon dried Juniper berries
- 1 Tablespoon dried Cardamom pods (crushed)
- 1 Orange Peel (allow to dry for a few days)
- 750 fluid ounces of Liquor (I like Everclear for this, Vodka works really well too for a clean flavor)

DIRECTIONS

- 1. Add all dried ingredients to a jar you can cover with a lid (I like using a mason jar)
- 2. Add liquor of choice
- 3. Store in dark cool room and shake daily for 6 weeks.
- 4. Then strain ingredients using a fine mesh strainer over another jar or swing top bottle
- 5. Cover jar/bottle
- 6. Store in bottle for use for your favorite drink or as an aperitif
- 7. Enjoy!

GOVERNMENT WARNING: (1) According to the Surgeon General, women should not drink alcoholic beverages during pregnancy because of the risk of birth defects. (2) Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems.

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