

Spiced Hot Apple Cider

Serves: 4 | Serving size: 1 cup

Ingredients Needed:

- 1 quart (4 cups) apple cider
- 2 cinnamon sticks
- 1 orange, thinly sliced
- (optional) 2 whole cloves

Directions:

1. Add cider, cinnamon sticks, and orange slices to a large pot and heat on medium-high until steaming, about 7 minutes.
2. Turn the heat down to low and simmer for 30 minutes.
3. Remove from heat and use tongs to remove the orange slices and cinnamon sticks, then using a ladle pour the cider into mugs and serve.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (237g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0mg	0%
Potassium 0mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	