

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

Nutrition Facts 4 servings per container Serving size 1 cup (237g) Amount per serving

Calories	110
% Daily Value*	
Total Fat ⁰ g	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 Og	
Vitemin D. Omen	0%
Vitamin D 0mcg	
Calcium 26mg	2%
Iron Omg	0%
Potassium 0mg	0%
*The % Daily Value tells you how much a serving of food contributes to a daily diet. day is used for general nutrition advice.	

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.

In complying with the letter and spirit of applicable laws and pursuing its own goals of diversity, the University of Maine System does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status, gender, gender identity or expression, ethnicity, national origin, citizenship status, familial status, ancestry, age, disability physical or mental, genetic information, or veterans or military status in employment, education, and all other programs and activities. The University provides reasonable accommodations to qualified individuals with disabilities upon request. The following person has been designated to handle inquiries regarding non-discrimination policies: Director of Equal Opportunity, 5713 Chadbourne Hall, Room 412, University of Maine, Orono, ME 04469-5713, 207.581.1226, TTY 711 (Maine Relay System).