



HOT APPLE CIDER



Ingredients:

- Optional: 1 thin slice fresh ginger
- 4 cups of Organic apple juice, unsweetened
- 4 - 10 whole cloves
- 2 - 6 green cardamom pods
- 1/2 - 1 whole cinnamon stick

Directions:

1. Heat the apple juice and stir in the spices on a stove or in a Crockpot.
2. If using a Crockpot, start it a few hours ahead of time, or heat on the stove then transfer to the Crockpot.

Before pouring the hot apple cider, you may also think about rimming the edge of the glass with sugar for a nice decorative touch. To do this, cut a slit in a wedge of lime, and run it around the edge of the top. Then, spread out sugar on a plate and place the glass upside down, letting the sugar stick to the lime. Garnish with a cinnamon stick.

Makes 16 servings.

Nutritional Info per serving:

Cals.: 38.6

Fat: 0.2 grams

Fibre: 0.2 grams

Carbs: 9.6 grams

