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# HOT SPICED CIDER

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PREP: 10 MINUTES COOK: 15 MINUTES

*Fast*

*No-Fat*

- 8 cups apple cider or apple juice
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup packed brown sugar
- 6 inches stick cinnamon
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- 8 thin orange wedges (optional)
- 8 whole cloves (optional)

**1.** In a saucepan combine cider and brown sugar. For spice bag, place cinnamon, allspice, and the 1 teaspoon whole cloves on a double-thick, 6-inch-square piece of 100% cotton cheesecloth. Bring corners together and tie with a clean string (see photo, page 83). Add bag to cider mixture.

**2.** Bring to boiling; reduce heat. Cover and simmer 10 minutes. Meanwhile, if desired, stud orange wedges with cloves. Remove spice bag; discard. Serve cider in mugs with studded orange wedges, if desired. Makes 8 (about 8-ounce) servings.

**Nutrition Facts per serving:** 145 cal., 0 g total fat, 0 mg chol., 9 mg sodium, 40 g carbo., 0 g fiber, 0 g pro.

**Daily Values:** 0% vit. A, 4% vit. C, 1% calcium, 9% iron