

Hot Mulled Cherry & Apple Cider

Ingredients

1/3 cup lemon peel, cut into 1/4" strips
1 /2 cup orange peel, cut into 1/4" strips
2 cups apple cider
4 cups tart cherry juice
2 (1/4" thick) strips of peeled fresh ginger root
1 teaspoon allspice
5 whole cloves
2 cinnamon sticks

Directions

Place all ingredients in a large saucepan over medium heat. Simmer uncovered until liquid is reduced to 4 cups, approximately 30 minutes. Remove from heat and strain liquid to remove peels and spices. Discard solids and serve in festive mugs.

Makes 4 one-cup servings.

Nutrition Info

Nutrition Facts per cup: 175 calories, 0 g total fat; 0 g saturated fat, 0 g trans fat, 42 g

carbohydrate, 0 mg cholesterol, 0 g protein, 1 g fiber, 10 mg sodium; Daily Values:
1% vitamin A, 7% vitamin C; 3% calcium; 8% iron

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