

Apple Cider

INGREDIENTS:

10 apples, mixed variety
2 medium oranges
2" fresh ginger
4 cinnamon sticks
4 tbsp. ground allspice
6 whole star anise pods
1 tbsp. whole cloves
12 cups water



*VEGAN



*GLUTEN-FREE

INSTRUCTIONS:

1. Quarter apples. Do not peel or core. Peel orange, cut into thin slices. Peel ginger, cut into slices.
2. In a large stock pot, add apples and fill with water to cover the apples, about 12 cups. Add oranges and ginger.
3. Wrap remaining spices in cheesecloth, tie it up, and add to stock pot. Boil on high for one hour, uncovered. Stir occasionally.
4. Cover and simmer and for another hour. Take off heat, remove spices, oranges, and ginger slices. Mash apples into a pulp like consistency.
5. When cooled, pour cider into a strainer over a large bowl. Add pulp into cheese cloth, squeeze out remaining juices into bowl.
6. Serve warm or over ice.
7. Store in an airtight container for up to a week.
8. Optional: Add dried hibiscus flowers.

Servings: 8

Nutrition Facts

8 servings per container	
Serving size	1 cup
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 41g	15%
Dietary Fiber 9g	32%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 174mg	15%
Iron 2mg	10%
Potassium 138mg	2%

*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.