

Holiday Spiced Cider



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What You Need

Small jars of homemade mulling spices make a great gift for the holidays.

Cranberry juice or apple juice

To make homemade mulling spices place all of the following into a small glass jar:

- 3 large cinnamon sticks-crushed
- 1 tbsp. whole cloves-crushed
- 1 tbsp. whole all spice-crushed
- 2 tbsp. dried cranberries
- 2 evaporated apple rings-chop into small pieces
- The peel from 1 mandarin orange-washed, broken

**Per 1 cup
Serving**

Calories 117
Carbohydrates 29 g
Protein 0 g
Fat 0 g
Dietary Fiber 0 g

How You Prepare

Place 1 liter cranberry juice (or apple juice) and 1 tbsp. mulling spices in a pot and heat to boiling. Reduce heat, cover, and simmer 30 minutes. Strain before serving.