



NUTRITION CONSULTING INC.

Holiday Spiced Cider

Curl up on the couch with this perfectly spiced holiday cider and a good book.

Makes 4 servings

What you need:

1 liter 100% unsweetened cranberry juice blend or apple juice
3 large cinnamon sticks, crushed into small pieces
1 tbsp. whole cloves, crushed into small pieces
1 tbsp. whole all spice, crushed into small pieces
2 tbsp. dried cranberries
2 dried apple rings, chopped into small pieces
The peel from 1 mandarin orange, washed and chopped into small pieces

How you prepare:

Mix the cinnamon sticks, cloves, all spice, dried cranberries, dried apples and mandarin orange peel and place in a glass jar or bowl and keep for up to a month until ready to use.

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.

Hint: Place mulling spices in small glass jars and give as holiday gifts.

Per serving:

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



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