

# Chai-Maple Cider (Slow Cooker)

*Slow Cooker Favorites - Volume 7  
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## **Servings: 6**

*4 long strips orange zest  
2 or 3 sticks cinnamon  
8 whole cloves  
3 green cardamom pods  
25 whole black peppercorns  
5 cups apple cider  
1 cup water  
1/2 cup pure maple syrup  
8 black tea bags  
cinnamon sticks (optional)*

## **Preparation Time: 15 minutes**

### **Slow Cooker: 5 hours**

For a spice bag, place the orange zest, cinnamon sticks, cloves, cardamom and peppercorns in the center of a double-thick, six-to-eight-inch square of 100%-cotton cheesecloth. Bring up the corners. Tie closed with a clean kitchen string.

In a three- to four-quart slow cooker, combine the spice bag, apple cider, water and syrup.

Cover and cook on LOW for five to six hours.

Carefully open the lid. Add the tea bags, draping the strings over the side of the slow cooker. Cover. Let stand for 10 minutes.

Remove the tea bags. Gently press the tea bags against the side of the cooker to release the liquid. Discard the tea bags and spice bag.

Ladle the cider into mugs and, if desired, serve with an additional cinnamon stick.

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Per Serving (excluding unknown items): 136 Calories; 2g Fat (12.3% calories from fat); 1g Protein; 32g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 30mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Fruit; 1/2 Fat.