
Hot Apple Cider

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

2 quarts apple cider
1/2 cup brown sugar
1/4 teaspoon salt
1 teaspoon whole allspice
1 teaspoon whole cloves
3 sticks cinnamon
orange slices
lemon slices

In a saucepan, heat all of the ingredients. Mix well.

Cover and let simmer for 15 to 20 minutes.

Strain the spices.

Yield: 8 to 10 servings

Per Serving (excluding unknown items): 1265 Calories; 3g Fat (2.2% calories from fat); 2g Protein; 320g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 631mg Sodium. Exchanges: 1 Grain(Starch); 16 Fruit; 0 Fat; 4 1/2 Other Carbohydrates.