



STRONG Heart Program Recipe-of-the-Month

Hot Mulled Cider

Recipe featured in *Cooking Light* October 2006
Ingredients compliments of Lori's Natural Food Store

Ingredients:

4 cups apple cider
¼ cup fresh orange juice
10 black peppercorns
6 whole cloves
5 whole white cardamom pods, crushed
4 star anise
3 (¼-inch) thick lemon slices
3 cinnamon sticks
1 (½-inch) piece peeled fresh ginger, thinly sliced

Directions:

1. Combine all ingredients in a medium saucepan over medium heat; bring to a simmer. Cook for 30 minutes.
2. Strain cider mixture through a fine sieve over a bowl, and discard solids. Serve cider hot.

Servings: 4 **Serving Size:** About ¾ cup

Nutrition Information: 127 calories, 0g fat, 0g sat. fat, 0mg sodium, 0mg cholesterol, 11g carbohydrate, 0g fiber, 0g protein.