Hot Cranberry Cider

in a new light

Makes: 28 servings  
Prep Time: 5 minutes  
Cook Time: 10 minutes  
Difficulty: Easy

Ingredients:

• 2 quarts unsweetened apple cider
• 4 cups unsweetened cranberry juice (look for it in the natural foods section of your supermarket)
• 2 cups water
• 3 cinnamon sticks
• 1 tablespoon whole cloves

Directions:

Combine all ingredients in a large soup pot or stockpot. Bring to a boil, reduce heat and simmer 10 minutes. Strain and transfer to large (14-cup or more) insulated serving container.

Nutritional Information: Per serving (about 1/2 cup): 50 calories, 0 g fat (0 g saturated, 0 g trans), 0 mg cholesterol, 10 mg sodium, 13 g carbohydrate, 0 g fiber, 0 g protein.