



Light Mulled Cider

adapted from Jane Brody's Good Food Book -- makes 8 cups

- 1 quart cider
- 1 quart water
- 1 small orange, sliced thin
- 1 small lemon, sliced thin
- 4 sticks cinnamon
- 6 whole cloves
- ¼ teaspoon nutmeg
- ¼ teaspoon powdered ginger

1. In large saucepan, combine all ingredients.
2. Bring to a boil, reduce heat to low and simmer 30-40 minutes.
3. Strain cider and serve hot.

Nutrition information per one cup serving:

60 calories	Total Fat 0g
Cholesterol 0mg	Sodium 10mg
Carbohydrate 29g	Dietary Fiber 0g
Sugars 28g	Protein 0g