



Mulled Apple Cider

Oh the weather outside is frightful...already! But we've got an idea for staying cozy. Keeping a simmering pot of mulled apple cider chases away the chill. Great for entertaining or just a relaxing night at home, mulled cider is easy to make. The recipe below is very flexible; choose the amounts and additions that most appeal to you.



Find local cider or unfiltered apple juice at a natural foods store or farmers' market. Or, if you've got a juicer, find some local apples and make your own juice as a delicious substitute for the cider.

Cheers!



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For every quart of cider, add:

1-2 cinnamon sticks

2-4 whole cloves

2-4 allspice berries

1 head star anise

A strip or two of orange peel

For variation, try any of these additions:

1/8 tsp. black peppercorns

1-inch cube, thinly sliced ginger

Pinch of grated nutmeg

Lemon peel to taste

Maple syrup to taste

Bring almost to a boil in a heavy pot, then simmer on lowest setting for 30 min. Enjoy!

