



EATING SMART
BEING ACTIVE

Hot Spiced Cider

Makes: 12 servings

Preparation Time: 5 minutes

Cooking Time: 2 minutes

Ingredients

3 quarts apple cider

12 whole cloves

1 stick cinnamon

Directions

1. Gather the ingredients.
2. Put the apple cider, cloves, and 1 cinnamon stick in a large saucepan or stockpot. Bring to a full boil.
3. Serve and enjoy!

Nutrition Facts	
12 servings per container	
Serving size	1 cup (248g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 253mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



United States
Department of
Agriculture

National Institute
of Food and
Agriculture

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.



COLORADO STATE UNIVERSITY
EXTENSION