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Spiced Apricot Cider

Ingredients:

2 (12-ounce) cans apricot nectar
2 cups water
¼ cup lemon juice
¼ cup sugar
2 whole cloves
2 cinnamon sticks (3 inches)

Makes 6 servings - 0% calories from fat

Nutrition Facts

Serving Size 3/4 cup
Servings Per Container 6

Amount Per Serving

Calories 100   Calories from Fat 0

% Daily Value*

Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 10mg		0%
Total Carbohydrate 25g		8%
Dietary Fiber 1g		4%
Sugars 21g		

Protein 1g

Vitamin A 35% • Vitamin C 40%
Calcium 0% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions:

1. In a slow cooker, combine all ingredients, mix well.
2. Cover and cook on low for 2 hours or until cider reaches desired temperature.
3. Remove cloves and cinnamon sticks before serving.

Notes:
• Substitute 1/8 teaspoon ground cloves and ½ teaspoon ground cinnamon in place of the whole cloves and cinnamon sticks.
• Recipe can be cooked on stove top in place of crock pot. Combine ingredients in a medium saucepan. On medium heat simmer for 30 to 40 minutes until spices blend well. Remove cloves and cinnamon stick before serving.

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EFNEP
Expanded Food and Nutrition Education Program