

Hot Spiced Cider with Cinnamon & Cardamom

(Serves 12) Prep Time: 15 min / Total Time: 15 min

Ingredients

2 tbsp cardamom pods
12 cups unfiltered, fresh apple cider
18 cinnamon sticks, divided

Instructions

- Heat a small pan over medium-high heat for 1 minute.
- Add cardamom pods and toast for 1 to 2 minutes, shaking the pan so they don't burn. Once toasted, remove from heat.
- Place pods, apple cider and 6 cinnamon sticks in a pot over medium-high heat.
- Bring to a simmer; reduce heat and cook for an additional 5 minutes.
- Turn off heat and cover for 15 minutes or refrigerate.
- Reheat until warm, less than 5 minutes, unless refrigerated.
- Strain and serve each mug with a fresh cinnamon stick.



Nutrients per 1 cup serving:

Calories: 120
Fat: 0g
Fiber: 0g
Carbs: 30g
Fiber: 0g
Sugars: 26g
Protein: 0g
Sodium: 25mg
Cholesterol: 0mg