



Hot Spiced Apple Cider

Makes 6 servings

6 cups apple cider

1/2 teaspoon whole cloves

1/4 teaspoon ground nutmeg

3 cinnamon sticks

In a 3-quart saucepan, heat ingredients to boiling over medium-high heat. Reduce heat and simmer uncovered for 10 minutes. Before serving, strain cider to remove cloves and cinnamon, if desired. Serve hot.



Farmers Market Food Safety Tips

- Store apple cider at 40 degrees F or below.
- Take a cooler or insulated cooler tote with you to the farm or farmers market when planning to purchase cider.
- Cider can be frozen for up to 6 months. To freeze, remove 1 cup cider, then recap and freeze in plastic jug.

Nutritional Info Per Serving:

115 calories; 0g fat; 5 mg sodium; 29g carbohydrate

Food Safety Cooking Demonstrations and materials are supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.