

## Eat Well Recipe

### Hot Apple Cider

#### Ingredients:

- 6 cups apple cider
- 2 tbs maple syrup
- 2 cinnamon sticks
- ¼ tsp cloves
- 6/8's of an orange peel, cut into strips
- 6/8's of a lemon peel, cut into strips

#### Directions:

Pour all of the ingredients into a large pot. Place the pot over moderate heat for 5 to 10 minutes, or until the cider is very hot but not boiling.

Remove the cider from the heat and discard the orange and lemon peels along with the cinnamon sticks. Pour drink into cups and enjoy!

This recipe is provided by SHS Wellness Programs.

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