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# **Spiced Apple Cider**



### Makes:

12 servings, approximately 1 cup (240 mL) each

### Utensil:

5 Qt./4.7 L Multi-Purpose Oil Core Rate 습습습습습 Recipe:

# **Contributed By:**

Katherine Lawrence Cooking instructor, VegNews TV chef, and nutrition instructor for T. Colin Campbell Foundation's eCornell program in Plant Based Nutrition Write a Review

# **Recipe Description:**

Any occasion feels special when you bring out the spiced apple cider. Whether you're serving this at a party or as an afternoon treat for the kids, this will bring a warm smile to everyone's face.

```
2 tablespoons
black peppercorns
(18
g)
1 tablespoon
whole cloves
(6
g)
12 cups
apple juice, unsweetened
(2.8
L)
1 lemon, zest, use Cone #1
```

#### **Directions:**

- 1. Set electric roaster to 350°F/177°C and allow to warm.
- 2. Place cinnamon sticks, peppercorns and cloves in the bottom of electric roaster and cook for about 3 4 minutes, stirring occasionally, until fragrant.
- 3. Add apple juice and cover.
- 4. When Vapo-Valve™ clicks, adjust temperature to 180°F/82°C and let simmer for 10 minutes.
- 5. Remove lid and stir in the lemon zest.
- 6. Serve hot cider from electric roaster with a ladle.

Nutritional Information per

<u>Serving</u>

Calories: 130

Total Fat: 1g Saturated Fat: 0g Cholesterol: 0mg Sodium: 10mg Total 33g Carbs: Dietary Fiber: 3g Sugar: 27g Protein: 0g