

Hot Spiced Cider

Ingredients

1 cup (208 g) dried sugar-free orange-flavored breakfast drink mix
1/2 cup (12 g) sugar-free iced tea mix
1/4 cup (52 g) sugar-free lemonade-flavored drink mix
1/2 teaspoon (2.5 ml) ground cinnamon
1 tablespoon (15 ml) whole cloves
1 continuous spiral peel of 1 orange
1 continuous spiral peel of 1 lemon
2 gallons (7.5 l) water
2-inch (5 cm) cinnamon sticks for swizzles



Directions:

In a large pot, slowly bring all ingredients except cinnamon sticks to a boil. Stir and reduce heat to a low simmer.

Serve hot in cups with cinnamon stick swizzles.

Nutritional Info: Makes 32 Servings

Calories 19

Protein 0g

Effective Carbs 4g

Fat 0g

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WEIGHT LOSS

SUCCESS