



Apple Cider



Ingredients

- 10 large apples (suggested 5 gala, 5 honey crisp)
- 16 cups water
- 3/4 cup granulated sugar
- 1 tbsp cinnamon
- 1 tbsp ground allspice
- 6 cinnamon sticks



Directions

Yield: about 16 Serving size: 1 cup

1. Quarter each apple and remove core. Place the slices in a large stockpot and add water
2. Stir in sugar, cinnamon, allspice, and cinnamon sticks. Bring to a simmer, then cover the pot with a lid and continue simmering for 2 hours
3. Once done, stir well, then carefully strain the apple mixture through a fine mesh sieve. Discard solids from the sieve. Line the sieve with cheesecloth and drain the cider again.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Adjust sugar and water to taste. You can always start with less sugar and add as needed

Nutrition Facts	
16 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 15mg	1%
Total Carbohydrate 28g	10%
Dietary Fiber 4g	14%
Total Sugars 22g	
Includes 22g Added Sugars	44%
Protein 0g	0%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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