HEARTY & GROUNDING

Warm Spiced Apple Cider

PREP	COOK	SERVES
5 min	30 min	6 mugs

Vegan Vegetarian

Cloudy apple juice simmered with cinnamon, cloves, star anise and orange. Alcohol-free and lovely for a crowd.

Ingredients

- 1.5 litres cloudy apple juice
- 2 cinnamon sticks
- 5 cloves
- 2 star anise
- 1 orange, sliced
- 3 slices of fresh ginger
- 1 tbsp maple syrup (optional)

Method

1. Pour the apple juice into a large pan and add the cinnamon, cloves, star anise, orange and ginger.
2. Bring to a gentle simmer over medium heat. Do not let it boil.
3. Reduce the heat to low and let it infuse for 20 to 25 minutes.
4. Taste, and stir in the maple syrup only if you want it sweeter.
5. Strain into mugs and serve with a slice of the orange.

Cook's tip

Use cloudy apple juice, made from pressed apples. It has much more flavour than clear juice.