

Hot Mulled Apple Cider Makes 2 or 3 mugs

This mulled apple cider recipe is a winter favourite at my home. It's great for gatherings of all types as the aroma can lift the spirits of even the heaviest winter energy. The alchemy of the spices together with the warmth of the apple cider is so delicious and the smell is so inviting, it helps soothe and restore one's sense of peace with the world.

The most important ingredient is the apple cider. What you will need is fresh apple cider that contains no added sugar or spices, or you can also use fresh unfiltered apple juice. A cloudy cider is the best clue you're buying the right thing, and if you can find raw organic cider in the refrigerator section, or local, unpasteurized apple cider, grab it!

For the mulling spices, it is best to make your own if you can, using fresh spices makes for a more flavourful and satisfying drink. Use whole spices if you have them, otherwise a combination of whole and/or powdered will work fine, I offer measurement options for both. Rather than running out to pick up items you may not have on hand, why not try mix and matching from the following list to make your own? Trust the wisdom of the spices as you co-create this beautiful beverage together.

Ingredients:

1 litre fresh apple cider, or unfiltered apple juice

1 medium orange, peeled, then sliced

Spices:	<i>Fennel seed</i>	1 whole star
Green	Cloves	1/4 tsp.
Cardamom	Whole: OR 3-4	4
Allspice	pods, crushed	Powder: 1/4 tsp.
Coriander	10 berries (1/2	1/4 tsp.
Cinnamon	tsp.) 18 seeds	1/4 tsp 1/2 tsp.
Ginger	(1/2 tsp.) 1 stick	1/4 tsp. 1/4 tsp.
Star Anise, or	1" fresh, sliced	1/4 tsp. 1/8 tsp.



Add the apple cider, orange slices and all spices to a heavy pot over medium heat. Bring to a boil, immediately reduce heat and allow to gently simmer for approximately 20 minutes until your house smells like a magical winter wonderland! Strain into mugs, add a twist of orange peel and serve hot. Enjoy!

Note: for a lower-sugar variation, add 1 cup of water to each 4 cups of apple cider, you'll likely not notice the difference.