

Liz's Sparkling New Year's Cider

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/liz-s-sparkling-new-year-s-cider>

Ingredients

- 2 cups 100% apple juice
- ½ teaspoon star anise
- 2 whole cloves
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 4 cups sparkling water (unsweetened)

Instructions

1. Combine the first five ingredients in a pot and cook over medium-high for about 5 minutes, stirring the liquid intermittently.
2. Place a strainer over a large glass, bowl, or pitcher. Carefully pour the liquid into the container. Discard the star anise and cloves.
3. Place the container in the refrigerator to cool for about 30 minutes.
4. Once the apple juice mixture is cool, combine it with the sparkling water and serve.

Makes 6 servings

Serving size: 1 cup

Nutrition information per serving

Calories: 39	Dietary Fiber: 0 g
Total Fat: 0 g	Sodium: 3 mg
Saturated Fat: 0 g	Protein: 0 g
Cholesterol: 0 mg	Carbohydrates: 9 g