

Spiked Mulled Apple Cider

Makes 2 servings



Ingredients:

- 2 cups apple cider
- 2 cinnamon sticks
- 4 whole cloves
- 2 star anise pods (optional)
- 2 orange slices
- 2 ounces dark rum or bourbon
- Honey to taste
- Apple slices or orange peel (for garnish)

Directions

1. In a small saucepan, combine apple cider, cinnamon sticks, cloves, star anise (if using), and orange slices.
2. Heat over low heat until steaming, about 10 to 15 minutes. Do not boil.
3. Remove from heat and strain to remove spices and orange.
4. Stir in dark rum or bourbon and a little honey if desired.
5. Pour into mugs and garnish with a fresh apple slice or orange peel.

Note: To make the recipe non-alcoholic, omit the rum or bourbon and replace it with additional apple cider.

Fun Food Fact

In colonial America, apple cider was more common than water because it was safer to drink. Fermented cider was a kitchen staple, often used to add flavor and preserve foods before refrigeration existed. Early American cooks even used it to make vinegar and leaven baked goods before baking powder was invented.