

Raspberry Apple Cider

8 cups apple cider
1 10-oz. package frozen red raspberries
1 cinnamon stick, 4 inches
1-1/2 tsp. whole cloves
1 medium apple, cut into 8 wedges, optional

1. In a large saucepan, combine the apple cider, raspberries, cinnamon and the cloves.
2. Bring to boiling and reduce heat. Cover and simmer for 10 minutes.
3. Strain through a sieve lined with 100-percent-cotton cheesecloth.
4. Pour cider into 8 mugs. Serve.

Optional: Garnish each serving with a cinnamon stick and apple wedge.

Makes eight 8-ounce servings. Per serving: 163 calories, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 8 mg sodium, 41 g carbohydrate, 0 g protein
--