

## Spiced Cranberry-orange Apple Cider Tea

Makes 14 servings

### Ingredients

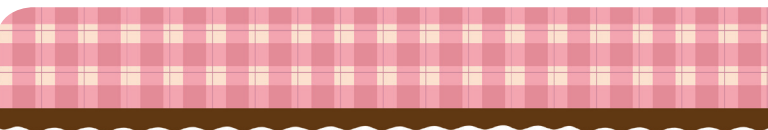
3 ½ cups water  
 4 black tea bags  
 8 cups apple cider  
 2 cups unsweetened cranberry juice  
 ½ cup orange juice  
 5 cinnamon sticks  
 4 whole cloves

### Directions

1. In a medium saucepan, bring water to a boil. Remove from heat and add tea bags. Allow to steep for 5 minutes. Remove the tea bags from the water and compost them (or throw them away).
2. In a 6- to 8-quart pot, combine tea (made in step 1), apple cider, cranberry juice, orange juice, cinnamon sticks and cloves. Stir, turn heat to high and bring to a boil. Once boiling, turn heat down to low and simmer for 20 minutes.
3. Use a slotted spoon to remove cinnamon sticks and cloves. Pour into mugs and enjoy warm!



APPETIZER OR SNACK



### TIP

Add a garnish of cinnamon sticks and fresh cranberries to this tea for extra color and flavor!\*

\*Option not included in nutrition facts.

♥ = heart smart

⊗ = low sodium

Ⓜ = gluten free

Visit [allinahealth.org/recipes](http://allinahealth.org/recipes) for more healthful recipe ideas.

© 2019 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM. OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS

nutr-ah-59099 (12/19)

### Nutrition Facts

Serving Size 1 cup (235g)  
 Servings Per Container 14

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 22g 7%

Dietary Fiber 0g 0%

Sugars 0g

Protein 0g

Vitamin A 0% • Vitamin C 10%

Calcium 0% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 1 ½