

# Non-alcoholic Hot Apple Cider

Fill a flask with this and sip as you stand around your bonfire or snuggle up with a warming drink as the dark nights draw in.



Nutritional information per portion (200g):

Energy 202kJ 48kcal 2%	Fat <0.5g 0%	Saturates <0.1g 0%	Sugars 12g 14%	Salt <0.01g 0%
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of an adult's reference intake.  
Typical values per 100g: energy 101kJ/24kcal.

## Equipment

Medium saucepan  
Mug or cup x 4  
Measuring jug  
Flask (optional)

## Ingredients

**Serves 4**  
500ml apple juice  
(pressed OR from concentrate)  
300ml water  
½ cinnamon stick

\*Presence of allergens can vary by brand –  
always check product labels. If you serve  
food outside the home you must make  
allergen information available when asked.

## Method

1. Pour the apple juice and water into the saucepan.
2. Add the cinnamon stick.
3. Gently heat until hot (do not boil, watch the pan carefully).
4. Pour into your mugs or flask.



## Top Tip

- You could make this in a microwave. Put into a microwave-safe jug and heat for 1 minute on full power (based on an 800W microwave). Leave to stand for a few minutes so the cinnamon stick will flavour the apple juice. Heat again for another 30 seconds or until hot enough.

## Something to try next time

- Experiment with different spices and fruits. Add a pinch of grated nutmeg or a few 1cm thick wedges of chopped apple, plum and pear.

## Prepare now, eat later

- Any leftovers can be chilled in the fridge and reheated within 2 days.

**Skills used include:**  
Measuring and boiling/simmering.