

Harvest Tea

- 6 cups apple cider
- 3 tablespoons fresh lemon juice
- 1/2 cup firmly packed brown sugar
- 1 cinnamon stick
- 1 teaspoon cloves
- 1/2 teaspoon whole allspice
- 2 tea bags



1. In a 3-quart saucepan combine apple cider, lemon juice, brown sugar and spices. Cook over medium heat until mixture starts to boil. Reduce heat and simmer 5 minutes.
2. Remove from heat and add tea bags. Let steep 5 minutes. Remove spices and tea bags. Serve hot.

Serves 6.

Nutrition Facts		
Serving Size: 3/4 cup		
Servings per recipe: 8		
Amount Per Serving		
Calories 147	Calories from fat 0	
	% Daily Value	
Total Fat trace		0%
Saturated Fat	trace	0%
Cholesterol 0mg		0%
Sodium 13mg		1%
Carbohydrate 37g		12%
Dietary Fiber	1g	5%
Protein trace		1%
Vitamin A: 0%	Vitamin C: 8%	Folacin: 1%
Calcium: 5%	Iron: 9%	Potassium: 9%



Source: Michigan Apples at <http://www.michiganapples.com>
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