

Hot Apple Cider

**Serving Size**

5 (1 cup)

**Skill Level**

Easy

**Diet Type**

Dialysis

Ingredients

- 5 cups apple cider
- 1/2 cup water
- 3 cinnamon sticks
- 1 tbsp lemon juice
- 1/4 tsp allspice

Directions

1. In a pot add apple cider, water, cinnamon sticks, lemon juice, and allspice.
2. Simmer on stove for 1 hour (Avoid boiling).
3. Serve in a mug and enjoy!

Nutrition Facts

Servings: 5 (1 cup)

Amount per serving

Calories 105**Sodium** 10 mg**Potassium** 235 mg**Phosphorus** 16 mg**Carbohydrates** 26 g