



The Health
Improvement
Commission

COUNT

14

NON- ALCOHOLIC

MULLED CIDER
RECIPE



INGREDIENTS

● SERVES 15 ●

- ❄️ 2 LITRES TRADITIONAL NON-ALCOHOLIC CIDER
- ❄️ 6 CLOVES
- ❄️ 3-4 STAR ANISE
- ❄️ ¼ NUTMEG , FINELY GRATED INTO THE PAN
- ❄️ 1 CINNAMON STICK
- ❄️ 1 VANILLA POD , HALVED
- ❄️ 1 ORANGE , JUICE OF
- ❄️ 2 CLEMENTINES , JUICE OF
- ❄️ 1 POMEGRANATE , JUICE AND SEEDS
- ❄️ 4-5 TABLESPOONS CASTER SUGAR





METHOD

POUR THE NON-ALCOHOLIC CIDER INTO A LARGE PAN ON A LOW HEAT AND LET IT WARM THROUGH FOR A FEW MINUTES. ADD ALL THE SPICES AND JUICES AND TURN THE HEAT UP. ONCE BOILING, TURN DOWN TO A SIMMER AND LEAVE TO TICK AWAY FOR 5-8 MINUTES.

AS EVERYTHING INFUSES YOU'LL GET DELICIOUS LAYERS OF FLAVOUR. TASTE IT AND ADD SUGAR AS YOU LIKE. YOU DON'T WANT IT SWEET; YOU JUST WANT THE SUGAR TO JOIN THE SPICES IN A HARMONIOUS TASTE. WHEN YOU'RE HAPPY WITH THE FLAVOURS, LADLE INTO GLASSES OR MUGS AND SERVE WARM.

