

Tart Cran-Apple Cider



5 cups **apple cider** (40 ounces)
2 1/2 cups **sour-apple juice**
3/4 cup **100% cranberry juice** (no blends)

To make fresh sour-apple juice:

Juice 4-5 tart apples, such as Granny Smiths, with the skins intact. If you don't have a juicer, you can also use a blender. Skin the apples and "liquefy" with 1/2 cup water per apple.

- 1 Combine all ingredients together in a 2-quart pitcher. Stir and chill for at least 1 hour.
- 2 When ready to serve, pour mixture over ice in a Mason jar. Garnish with a slice of tart apple or a cinnamon stick (optional).

Makes 10
6 oz servings

Per serving:
113 calories,
0g protein,
29g carbohydrate
(3g fiber), 0g fat
(0g sat, 0g mono/poly),
6mg sodium