

Superfoods Hot Apple Cider

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/curried-beef-brisket-chinese-recipe-star-anise>

Ingredients:

- 4 cups apple juice freshly made, approximately 4-6 apples depending on the quality of your juicer
- 5 whole cloves
- 4 cinnamon sticks
- 4 whole cardamom pods
- 2 chinese star anise
- 1 inch fresh ginger piece of
- 1/2 teaspoon lemon zest fresh
- 1/2 orange thinly sliced

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 39 grams
3. Fat: 1 grams
4. Fiber: 5 grams
5. Protein: 2 grams
6. Sodium: 15 milligrams
7. Sugar: 25 grams

Thank you for visiting our website. Hope you enjoy Superfoods Hot Apple Cider above. You can see more 20 curried beef brisket chinese recipe star anise Cook up something special! to get more great cooking ideas.