



APPLE CIDER

Adapted from: Mom's Homemade Apple Cider. www.food.com

INGREDIENTS

8-10 apples
½ - 1 cup sugar
4 tbs cinnamon
4 tbs allspice

DIRECTIONS

With the help of an adult, carefully cut each apple into four pieces. Remove the peel and seeds. Put apples in a large stock-pot and add enough water to cover the apples. Add sugar. Put cinnamon and allspice in a cheesecloth and tie. Place this in the water. Boil uncovered on high for one hour. After one hour, turn down the heat and simmer for two hours. Use a large spoon or potato masher to mash up the apples. Let the cider cool and then pour over a strainer into a bowl. Keep your apple cider fresh in the refrigerator for one week.

SAFETY TIP: RINSE FRUITS AND VEGETABLES UNDER RUNNING WATER, EVEN IF YOU ARE NOT USING THE PEEL.

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Cut on the dotted line, and enjoy making a delicious treat while discovering the importance of food safety with your young learner!

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