

PEAR CIDER

A sweet & fall spiced hot beverage to warm you during the crisp mornings or chilly evenings...this is perfect as is or make it an adult beverage with a splash of bourbon!

SERVINGS	SERVING SIZE	TIME TO MAKE
16	8 Fluid Ounces	3 HOURS +

INGREDIENTS

- 8-10 Whole Pears, cut in half with steams & seeds removed
- 1/2 cup Brown Sugar, loosely packed
- 3 Cinnamon Sticks
- 1 Tablespoon Whole Cloves
- 2 teaspoon Ground Allspice
- 1 Vanilla Bean Pod, split open
- Filtered Water (enough to cover contents in pot)

DIRECTIONS

- Combine the pears, sugar, cinnamon, cloves, allspice and vanilla pod into a large stock pot. Cover with water, ensuring there is around 2 inches of water covering pears.
- Bring the mixture to a boil, then reduce to a simmer.
- Allow to simmer for 1 hour, uncovered. You can add more water if it is no longer covering the pears.
- Mash the pears and give the mixture a good stir, you can add more water if you feel it needs some. Cover and return to a simmer for an additional 2 hours.
- Allow mixture to cool and remove/strain through a fine mesh sieve to remove solid. However, I try to remove just the spices and then blend the contents using a stick blender to increase the fiber content of the beverage.
- Serve hot with a cinnamon stick (and possibly a dash of your desired adult alcohol).
- Enjoy!

Nutritional Information per serving: 83 Calories, 0 grams Fat, 0 gram Saturated Fat, 22 grams Total Carbohydrates, 4 gram Fiber, 15 grams Sugar, 0 grams Protein, 1% Vitamin A, 5% Vitamin C, 2% Calcium, 2% Iron