

Food Babe's Slow Cooker Hot Apple Cider



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	2 hrs	2 hrs, 5 mins	4

<https://foodbabe.com/hot-healthy-apple-cider-in-your-slow-cooker-easy-recipe-without-refined-sugar>

Ingredients:

- 6 apples, chopped
- 1 cinnamon stick
- 1 tablespoon ginger root, grated
- 3 cloves
- 2 star anise
- 1 orange, sliced
- 6 cups filtered water

Instructions:

1. Place all of the ingredients in a slow cooker and cook on high for 1 to 2 hours or low for 2 to 3 hours.
2. Strain the juice and enjoy!

Notes:

- Enjoy immediately or store in the fridge for up to 4 days.
- Please use all organic ingredients if possible.