



Issue # 541

January 27, 2015

### Super Spiced Cider

Warm apple cider is the perfect winter comfort drink. This special version combines two potent spices, ginger and turmeric for a unique flavor and nutrition profile. Fresh ginger, for example, contains a pungent substance called gingerol while turmeric gets its characteristic yellow hue from the class of cancer-fighting compounds, curcuminoids. Both are being studied for their anti-inflammatory and antioxidant properties.

### Ginger and Turmeric Hot Cider

- 1 cup fresh sweet apple cider
- 1 tsp. grated fresh ginger
- 1 tsp. grated fresh turmeric
- 1½-inch by 1/2-inch strip lemon peel, white part included

In small saucepan, combine cider, ginger, turmeric and lemon peel. Over medium-high heat, heat until ring of bubbles appears around edge of pan, 3 minutes. Cover pan and set aside to steep for 5 minutes.

Pour hot-spiced cider through fine tea strainer into mug. Serve immediately.

**Makes 1 serving.**

**Per serving:** 120 calories, 0 g total fat ( 0 g saturated fat), 30 g carbohydrate, 0 g protein, 0 g dietary fiber, 8 mg sodium.

