



Creamy Dreamy Iced Apple Cider

By Erin Fletter

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

Equipment

- ☐ Pitcher
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Wooden spoon

Ingredients

Creamy Dreamy Iced Apple Cider

- ☐ 3 C apple juice, at room temperature
- ☐ 1 tsp cinnamon, pumpkin pie spice, or a combination
- ☐ 2 T honey, sugar, or maple syrup
- ☐ 1/2 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******
- ☐ 1/4 C heavy cream ******(for DAIRY ALLERGY sub dairy-free/nut-free heavy cream or milk)******
- ☐ 2 to 4 C ice

Food Allergen Substitutions

Creamy Dreamy Iced Apple Cider

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Dairy: Substitute dairy-free/nut-free heavy cream or milk for heavy cream.

Instructions

Creamy Dreamy Iced Apple Cider

measure + stir

Measure **3 cups apple juice, 1 teaspoon cinnamon, 2 tablespoons honey, 1/2 teaspoon vanilla extract, 1/4 cup heavy cream**, and **2 to 4 cups ice** into a pitcher. Stir well and enjoy! If you heat the apple juice mixture up, it can also be served warm on cold days!

Featured Ingredient: Apple Juice!

Hi! I'm Apple Juice!

"I'm the beautiful golden juice that is pressed out of apples! My cousin is Apple Cider. The difference between us is that I'm filtered so you can see through me!"

Apple juice and cider were first made thousands of years ago. The earliest record of it is from 100 BCE. Ancient Egyptians made it for medicinal and other uses. The Ancient Romans made fermented cider. The first commercially produced apple juice was in the late 1800s.

Apple juice is often made with a blend of different types of apples. Two common varieties are the Honeycrisp and McIntosh. Pure apple juice is unsweetened and 100 percent juice. If sugar and water are added, it is called a juice drink, punch, or cocktail.

To make apple juice, cleaned apples are first macerated by crushing or mashing them. The crushed apples are then put into a press to extract the juice. The juice is filtered to clarify it, pasteurized using heat, and bottled.

Unopened bottles of apple juice should be kept in a cool, dark place. Opened bottles need to be refrigerated to prevent bacterial growth.

Apple juice that is not filtered and may not be pasteurized is called apple cider in the United States and Canada. In other countries, apple cider may refer to fermented apple juice.

Apple juice is a beverage, but it also can be an ingredient in baked goods, braising liquids, glazes, dressings, drinks, and marinades.

Apple juice is 85 percent water and 10 percent natural sugar or fructose. It has a small amount of vitamin C naturally, but if it has been fortified, it is a good source of vitamin C.