

## Hot Apple Cider

### Ingredients

- 1 apple, juiced
- 2 tablespoons lemon juice
- 1 teaspoon apple cider vinegar
- ¼ teaspoon cinnamon
- Pinch of nutmeg
- Pinch of allspice
- Pinch of clove
- Pinch of lemon zest
- Stevia to taste
- water

### Directions

1. Heat the juice with spices and a little water in a small saucepan.
2. Serve hot with a cinnamon stick.

Makes 1 serving (1 fruit)
0.5 gram protein
0 fat
75 calories

### HCG Diet Tip

Add cinnamon to coffee grounds for a wonderful flavoured coffee. Cinnamon is a healthful spice that is believed to help decrease blood sugar levels. It tastes wonderful with fruits and adds spice to chicken and vegetable dishes.

