

# Apple Cider Chai

**Items Needed:** teapot or saucepot, cup for drinking.

**Serves:** 4

## Ingredients:

- 2 cups water
- 2 cups apple cider
- 2 bags of chai tea
- Honey to taste

## Directions:

1. In your pot combine the apple cider and water, once it comes to a simmer, add your tea bags and steep for 3-4 minutes.
2. Pour in mugs and if you want any more sweetener sweeten to taste.

## Nutrition Information (per ¼ recipe):

Calories: 60 Fat: 0 g Carbs: 6.5 g Protein: 0 g Fiber: 0 g Sodium: 0 mg

<https://wexnermedical.osu.edu/nutrition-services>

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