

Raw Ruby Cider

2 C. raw cranberries
4 apples cored and cut
2 C. water
2 V. chamomile tea (calm the nerves) or elderflower tea (immune builder)
½ inch cut piece of fresh ginger root or ½ t. powdered
½ lemon juiced
1 tsp. cinnamon powder
Pinch of cloves
Pinch of nutmeg
Honey to taste

Put everything in a blender and blend until smooth. Take a sterile, clean cotton cloth and lay over a large bowl with the ends outside of the bowl. Pour the contents of the blend in the cloth. Gather the ends of the cloth and squeeze and strain out the liquid. If you don't have strength to squeeze the cloth, use a fine mesh strainer and let the liquid sit until it has separated out from the pulp. Once you have collected all the juice, add honey to taste. I did about 2-3 Tablespoons. This is so pleasant, whether warm or cold. Enjoy!

Recipe by Kelly Pomeroy