

# Slow-Cooker Cranberry Pear Cider



## **Servings: 4**

*4 pears, cored and chopped  
1 orange, sliced  
1 cup cranberries  
2 cinnamon sticks  
1 whole nutmeg  
8 whole cloves  
4 cups water  
2 tablespoons maple syrup*

To the slow-cooker add pears, orange slices, cranberries, cinnamon sticks, nutmeg, cloves, and water.

Heat on High for 2-3 hours or on Low for 3-4 hours.

When finished cooking stir in maple syrup.

Ladle into mugs

Serve

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Per Serving (excluding unknown items): 173 Calories; 1g Fat (5.0% calories from fat); 1g Protein; 45g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 25mg Sodium; 28g Total Sugars; 0mcg Vitamin D; 89mg Calcium; 1mg Iron; 358mg Potassium; 35mg Phosphorus.  
Exchanges: .