

# 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

---

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: .