



Health by Design  
Wellness Center

(904) 363-3374  
www.HealthByDesignFL.com  
2002 Southside Blvd Jacksonville, FL 32216



# Hot Apple Cider

## Ingredients:

- 3 Quarts Apple Cider
- 5 Drops Clove Oil
- 5 Drops Cinnamon Oil
- 8 Drops Orange Oil
- 2 Drops Nutmeg Oils

## Directions:

Allow to simmer, add oils, garnish with orange slices, whole cloves and cinnamon sticks.