

SPOOKY SKELETON APPLE HEAD IN HOMEMADE APPLE CIDER

For the trick-or-treater, this can be a fun way to jazz up your fall apple cider for the Halloween season. Any apple cider will work, or you can make your own from scratch.

SERVINGS	SERVING SIZE	TIME TO MAKE
12	8 FLUID OUNCES	2 HOURS + 45 MINUTES

INGREDIENTS

Skeleton Apple Head

- 6 small apples, peeled and cored, split in half
- 1 cup Lemon Juice
- 1/2 teaspoon Salt

Homemade Apple Cider

- 8-10 Whole Apples, cut in half with steams & seeds removed
- 1/2 cup Brown Sugar, loosely packed
- 3 Cinnamon Sticks
- 1 Tablespoon Whole Cloves
- 2 teaspoon Ground Allspice
- Filtered Water (enough to cover contents in pot)

Mulling Spices

- 4 Cinnamon Sticks
- 1 Tablespoon Cloves
- 1 Tablespoon Black Peppercorns
- 1/2 Teaspoon Allspice
- 1/2 Teaspoon Nutmeg
- 1" zested Ginger, fresh

DIRECTIONS

Skeleton Apple Heads

1. Preheat oven to 250 degrees F

2. Peel apples, split in half and remove the core
3. Carve eyes, nose and a face into the rounded part of the apple
4. Place apple in bowl of lemon juice with salt to completely cover and then remove
5. Set apple half onto parchment lined sheet pan
6. Bake apples for 2 hours

Homemade Apple Cider

1. Combine the apples, sugar, cinnamon, cloves, and allspice into a large stock pot. Cover with water, ensuring there is around 2 inches of water covering apples.
2. Bring the mixture to a boil, then reduce to a simmer.
3. Allow to simmer for 1 hour, uncovered. You can add more water if it is no longer covering the apples.
4. Mash the apples and give the mixture a good stir, you can add more water if you feel it needs some. Cover and return to a simmer for an additional 2 hours.
5. Allow mixture to cool and remove/strain through a fine mesh sieve to remove solid. However, I try to remove just the spices and then blend the contents using a stick blender to increase the fiber content of the beverage. You may want to still use a fine mesh sieve as the apple peels are a little more problematic than other fruit skins.

Skeleton Apple Cider

1. In a large Dutch oven or stock pot, add the apple cider and mulling spices mix well and allow to reach a low simmer
2. Add the baked apples and stir.
3. Remove desired amount of cider and one half skeleton head apple and place in a mug
4. Optional to add a splash *or two* of bourbon, whiskey, fireball whiskey, etc. for a spike adult beverage.
5. Enjoy!

Nutritional Information per serving: 95 Calories, 2 grams Fat, 1 gram Saturated Fat, 25 grams Total Carbohydrates, 3 gram Fiber, 19 grams Sugar, 0 grams Protein, 2% Vitamin A, 14% Vitamin C, 2% Calcium, 2% Iron

*Nutritional content based on scratch apple cider recipe above