



## Simple Swiss Cider

By Erin Fletter

**Prep Time 5 / Cook Time 5 / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

### Equipment

- ☐ Large saucepan
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Wooden spoon

### Ingredients

#### Simple Swiss Cider

- ☐ 4 C apple juice
- ☐ 1 tsp pumpkin pie spice
- ☐ 1/2 T honey
- ☐ 1/2 tsp pure vanilla extract \*\*(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\*
- ☐ ice, optional

### Food Allergen Substitutions

## Simple Swiss Cider

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

## Instructions

### Simple Swiss Cider

#### measure + stir

Have your kids measure and pour **4 cups of apple juice** into a saucepan on your stove. Have them stir in **1 teaspoon pumpkin pie spice**, **1/2 tablespoon honey**, and **1/2 teaspoon vanilla extract**. Set the burner to low.

#### warm + enjoy

Keep warm for at least 5 minutes or more. The juice will concentrate and sweeten, so the longer it's on the heat, the sweeter it will become. Serve hot or cold. Enjoy!

## Featured Ingredient: Pumpkin Spice!

Hi! I'm Pumpkin Spice!

"No, I'm not part of a famous singing group, but I'm probably just as popular during the fall season when pumpkin spice lattes hit the coffee shops! Pumpkin pie just isn't the same without me!"

Pumpkin spice, or pumpkin pie spice, is a blend of warm spices like allspice, cinnamon, cloves, ginger, mace, and nutmeg. The simplest blend may include cinnamon, ginger, and nutmeg.

A spice mix similar to today's pumpkin spice was described in a 1393 women's handbook, *Le Ménagier de Paris*. It included cinnamon, cloves, ginger, sugar, and grains of paradise (from the ginger family).

In the 1796 *American Cookery*, a cookbook by Amelia Simmons, a "Pompkin" pie recipe with ginger, mace, and nutmeg is included.

Since the 1890s, pumpkin pie spice has been listed as an ingredient in cookbooks. McCormack & Company began selling its commercially-prepared pumpkin pie spice mix in 1934.

You can make your own pumpkin spice using some or all of the spices listed above, or you can purchase a blend in the grocery store.

Pumpkin spice is primarily added to pumpkin pie filling and goes well in pumpkin bread, cakes, cookies, muffins, pancakes, and waffles. Many also enjoy it in hot beverages like coffee, hot cocoa, tea, and mulled cider or wine.