

Spicy Berry Cider

4 cups apple cider or apple juice
18 oz. pineapple juice, unsweetened
2 cups raspberries
1 tsp. allspice, whole
1 tsp. cloves, whole
1 nutmeg, whole
4 pkts. sugar substitute

In a large saucepan, combine apple cider or juice, pineapple juice, berries and spices; slowly bring mixture to boiling. Reduce heat; cover and simmer 20 minutes. Remove from heat; strain to remove seeds. Stir in sugar substitute. Serve in mugs. Garnish with a cinnamon stick if desired. Makes 7 servings.

Nutrition information per serving: calories 133; protein 0 grams; fat 0 grams; sodium 19 mg