

## Soothing Mulled Cider Recipe for Flu Season

Besides water, one of the best healing liquids during flu season is mulled cider. This is also called a decoction: *the process of extracting the essence of herbs and spices by boiling and then simmering for long periods of time.*

Herbs and spices used in a mulled cider decoction:

- **Ginger:** brings heat to the digestive tract, eases nausea and vomiting
- **Star Anise:** thins and clears mucous from the respiratory tract, and contains antiviral compounds like shikimic acid.[1]
- **Cinnamon sticks:** bark contains eugenol, a natural antiseptic and anesthetic compound that can kill bacteria and viruses, prevent infection, and ease pain. [2].
- **Cloves:** contains eugenol
- **Allspice:** contains eugenol

### Mulled Apple Cider Recipe

Ingredients

- 4 cups apple cider
- 3-4 cups water
- 1 tbsp. dried ginger
- 3-4 star anise pods
- 3 whole cinnamon sticks
- 2 tsp. cloves
- 1 tsp. allspice



Instructions:

Put all ingredients into a soup pot and bring to a boil. Reduce heat to simmer. Cover and simmer 45 minutes to one hour.

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[1] Healing Spices, by Bharat B. Aggarwal, PhD, Sterling Publishing 2011, pg.22

[2] Rodale's 21<sup>st</sup> Century Herbal, by Michael J. Balick, PhD, Rodale 2014, pg.