



ANTIVIRAL HERBAL MULLED CIDER

Posted on March 8, 2022 by Crissy Joshua

Making your own antiviral herbal mulled cider is a great way to ward off viruses and colds or lessen the symptoms if you do happen to catch one. This antiviral herbal mulled cider is also delicious as an added bonus. The healing herbs and spices infused in the apple juice and water will make you feel better and recover faster.

A mulled drink is just one that has been made prepared with spices by heating everything in a pot and straining it. Many of the spices are warming on their own but the result is extra comforting when you take them in a hot drink.

Let's look at the medicinal qualities of the ingredients first and then I'll show you how to make this recipe in just 25 minutes.

Medicinal Benefits of the Ingredients

To make this antiviral herbal mulled cider you need seven ingredients: apple juice (or apple cider), water, licorice root, orange peel, cloves, ginger, star anise, and cinnamon. Here is how each of these works to fight viruses.

Benefits of Apple Juice / Apple Cider

The antiviral activity of apples are present in the skin and the pulp of the fruit. Apple juice is antiviral due to its tannins and related compounds. Apple juice and cider also help keep you hydrated, which is important if you have a virus and to flush the system out.

Benefits of Water

While water is essential for staying healthy and hydrated for general day-to-day wellbeing, it's even more important when you have a virus. When you're sick with the flu or another type of virus many of the symptoms lead to dehydration.

Staying hydrated when you are sick speeds up your recovery too. It also helps with symptoms by keeping your mucus thin which helps your body clear it from the sinuses and lungs. Water will also help you eliminate toxins and bacteria.

Benefits of Licorice Root

Glycyrrhizin, liquiritigenin, licochalcone A, licochalcone E, 18 β -glycyrrhetic acid, and glabridin are the main antiviral compounds found in licorice root. Commonly used in traditional Chinese medicine, licorice root contains nearly 300 flavonoids. Many studies have proven the effects of licorice root as an antiviral herb.

One of the ways it helps is by stopping virus replication. It's also anti-inflammatory which helps to

improve your immune response. However, if you have high blood pressure, heart disease, or kidney disease, you should avoid licorice. You can still benefit from the other antiviral ingredients in this recipe.

Benefits of Orange Peel

Oranges contain important polymethoxylated flavones, which are most prevalent in the peel. The flavones have antiviral properties. Orange peels are also rich in vitamin C and A making them a good antioxidant that boosts your immune system to help fight viruses. If you do get a cold or flu then orange peels help to remove phlegm, improving your symptoms and making you feel better.

Benefits of Cloves

The clove plant is one of the best sources of phenolic compounds and has long been used in alternative medicine for its antiviral activity, among other benefits. Cloves also have anti-inflammatory properties which are useful when you have a cold or flu. They can help to relieve symptoms of respiratory infections and speed up the recovery process.

Benefits of Ginger

Ginger has long been used in natural medicine, particularly in southeast Asia. It's even part of a common modern-day remedy used around the world to fight colds and the flu with many people swearing by the old ginger, lemon, and honey tea remedy. Certain antiviral compounds in ginger help to keep viruses at bay. The gingerol in ginger is anti-inflammatory and has antioxidants, helping to boost your immune system and health in general.

Benefits of Star Anise

Star anise holds a special place in traditional Asian medicines and has been used for centuries. Today, it's widely accepted further around the world that star anise has antiviral properties. One of the main compounds found in star anise is shikimic acid which is the primary ingredient used in Tamiflu, an antiviral drug. Star anise has the highest levels of shikimic acid out of any plant.

Benefits of Cinnamon

Cinnamon has been found to prevent and/or eliminate viruses. It is also rich in antioxidants so another immune booster, helping to keep you healthy and fighting illnesses faster. Cinnamon also boasts anti-bacterial and anti-fungal properties that prevent harmful bacteria from growing.

All of these ingredients have many other medicinal properties other than fighting viruses too. Combining them in a tasty, healthy drink is a great way to consume them at once. So, let's look at the quantities to use and how to make this mulled cider now.

How to Make This Antiviral Herbal Mulled Cider

As I mentioned earlier, this takes around 25 minutes to make. The quantities below make two portions and each one will have approximately 114 calories. This will depend on the type of apple juice or apple cider you use. If you can prepare fresh apple juice yourself ahead of making this recipe, even better.

Ingredients

- 2 Cups of apple juice or apple cider
- 1 Cup of water
- ½ A stick of licorice root
- The peel of 1 orange
- 3 Cloves
- 1 Inch knob of ginger
- 1 Star anise pod
- 1 Tsp of cinnamon or 2 sticks

Utensils

- Medium-sized pot and lid
- Sharp knife
- Chopping board
- Strainer
- Container (large enough to cradle the strainer)

Method

1. Add the 2 cups of apple juice or apple cider to a pot along with 1 cup of water, 1 tsp of cinnamon (or 2 sticks), ½ a stick of licorice root, 1-star anise pod, and 3 cloves
2. Roughly chop a 1-inch knob of ginger and add it to the pot (peel it first if it isn't organic)
3. Wash and peel 1 orange and add the peel to the pot
4. Cover and gently simmer for 20 minutes (don't let it boil)
5. Let it cool for 10 minutes or so. Then, place your strainer over the container and pour the mixture through and drink it while it's still warm

You can have up to one serving per day. Since apple juice contains sugar it's best to drink it a few hours before you go to bed if you take it in the evening.

With the cold and influenza season in full swing, we need all the help we can get to keep our immune systems healthy and strong. Here are also a few of Nicole's top picks that are found in the

[Essential Winter Defense Bundle](#). Whether maintaining lung health, boosting immunity, or reducing fevers, each herb supports overall well-being this winter and beyond.

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- Medium-sized pot and lid
- Sharp knife
- Chopping board
- Strainer
- Container

- 2 cups Cups of apple juice or apple cider
- 1 cup water
- 1/2 stick licorice root
- 1 the peel of 1 orange
- 3 Cloves
- 1 inch knob of ginger
- 1 Star anise pod
- 1 tsp cinnamon or 2 sticks

1. Add the 2 cups of apple juice or apple cider to a pot along with 1 cup of water, 1 tsp of cinnamon (or 2 sticks), ½ a stick of licorice root, 1-star anise pod, and 3 cloves
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You may also like:

[Anti-Inflammatory Turmeric Tea](#)

[Try This 10 Sec Fat-Burning Coffee Trick!](#) (Video)

[Soothing Elixir For Cold and Flu Season](#)

[How to Make an Immunity Boosting Shot with Celery, Spinach, Ginger, Lemon, and Manuka Honey](#)

[Dandelion Root Infused Honey for Immunity](#)

Comments



Debra Jacobs - 2022-06-20 13:04:54

How to store and how long dose it keep like a week in the fridge?



J - 2022-03-08 18:03:44

For those interested in this: Organic Eastern White Pine needle <https://amzn.to/361kd4n>



Terry Tatum - 2022-03-08 14:13:40

I use pine needles for their vitamin C concentration, eastern white pine is best for this tea.



J - 2022-03-08 13:08:42

Organic Apple cider vinegar <https://amzn.to/37fOqgD> Licorice root
<https://amzn.to/3IWz2DQ> Whole cloves <https://amzn.to/37f3Dys> Ginger root
<https://amzn.to/3MCjCGT> Star anise <https://amzn.to/3vOA8h7> Cinnamon stick
<https://amzn.to/3vPJauc>



Michael W Miller - 2022-03-08 12:11:31

I tried cedar needles and made a tea when I had the flu. After drinking it for about 3 days I was completely well and my sinus problem cleared up! This stuff really works!