

About Latter-day Saints Online Cookbook

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Key Code:

Pkg = Package(s)

C = Cup(s)

Tsp = Teaspoon(s)

Tbsp = Tablespoon(s)

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BREADS

1 Rise Cinnamon Rolls

Submitted by: Rachel Woods

3 - 3 ½ C Flour (I use wheat)	1 C Hot tap water (not TOO hot)
1 Pkg Yeast (or 1 ½ Tbsp)	2 Tbsp softened butter
¼ C Sugar	1 Egg
1 Tsp Salt	

Mix 1 ½ C of the flour in large bowl with rest of ingredients. Beat three minutes on medium setting or by hand for five minutes. Stir in remaining flour. Knead two minutes on floured surface and roll into long rectangle (or oblong) Spread with the following:

½ C Softened or Melted butter (Spread this FIRST)
½ C Sugar and 2 Tsp Cinnamon mixed together (Sprinkled on top of butter)

Roll tightly into a long log, cut into rolls (about 16 – 20) and place into a high edged pan. Cover and let rise (in warm area) until double. Bake at 400 for 20-25 minutes or until lightly brown. Let cool. Cover with topping:

Mix with hand mixer:

2 Tbsp Melted Butter	2 C Powdered Sugar
1 Tbsp Milk (add more, a Tsp at a time if needed)	

60 Minute Rolls

Submitted by: Laurel Riddle

1 C milk, heated in microwave 2 minutes	½ C warm water
4 Tbsp butter or margarine	1 Tbsp yeast
3 Tbsp sugar	4 ½ C flour
1 Tsp salt	

Add butter to heated milk. Add sugar and salt. Put yeast in water. When butter is melted, add the water/yeast mixture. Add flour until you have a soft dough. Knead for several minutes until smooth.

Put in greased bowl and let rise about 15 minutes. Punch down, roll on floured board to ½ inch thickness. Cut out 3 inch circles with a cutter. Fold over each circle and press the side to keep fold in. Place on greased cookie sheet and let rise another 15 minutes. Bake at 375° for about 15 minutes or until nicely browned. Makes 2 dozen.

Auntie Anne's Pretzels (by Todd Wilbur)

Submitted by Judy Moyers

1 ¼ C warm water
1 Tbsp + ¼ Tsp yeast
3 ¾ C all-purpose flour

¾ C + 2 Tbsp powdered sugar
1 ½ Tsp salt
2 Tsp vegetable oil

Dissolve yeast in warm water in a small bowl/cup. Let sit for a few minutes.

Combine flour, powdered sugar and salt in a large bowl. Add water with yeast and vegetable oil. Stir with a spoon and then use hands to form the dough into a ball. Knead the dough for 5 min. on a lightly floured surface. Dough will be nice and smooth when it's ready. Place into a lightly oiled bowl, cover and store in a warm place for about 45 min. or until doubled.

When dough has risen, preheat oven to 425 degrees. Make a bath for the pretzels:

4 C warm water

½ C baking soda

Combine baking soda with water, stir until baking soda is mostly dissolved.

Remove dough from bowl and divide into 8 even portions. Roll each portion on a flat non-floured surface until it is about 3 feet long. Pick up both ends of dough and give it a little spin so the middle of the dough spins around once. Lay dough down with the loop nearest to you. Fold ends down toward you and pinch to attach them to the bottom of the loop. The twist should be in the middle.

Holding the pinched ends, dip pretzel into bath solution. Put on a paper towel for a moment to blot excess liquid. Arrange pretzels on a baking sheet sprayed with non-stick spray. If you want salt, sprinkle pretzels with kosher or pretzel salt. Don't salt any pretzels you plan to coat with cinnamon/sugar. You will likely have to use two baking sheets, be sure to bake them separately. Bake pretzels for 4 minutes, then spin the pan halfway around and bake for another 4 to 5 minutes or until the pretzels are golden brown.

Remove pretzels from oven, and cool for a couple min. If you want to eat some now, brush them with melted butter first, if desired, before serving. If you want cinnamon/sugar coating make it by combining ½ C sugar and 2 Tsp cinnamon in a small bowl. Brush unsalted pretzels you plan to coat with a generous amount of melted butter. Sprinkle a heavy coating of the cinnamon/sugar onto entire pretzel over a plate. Makes 8 pretzels.

Baking Powder Biscuit (by O'Keefe& Merritt)

Submitted by: Donna

2 C flour
 1 Tsp salt
 4 Tsp baking power

2 Tbsp shortening
 $\frac{3}{4}$ C liquid (all milk, or half milk/half water)

Mix dry ingredients and sift twice, Work in fat with tips of the fingers, or cut in with two knives, Add the liquid gradually mixing with a knife to a soft dough. Owing to differences in flour, it is impossible to determine the exact amount of liquid, Toss on a floured board, pat or roll lightly to $\frac{1}{2}$ -inch in thickness. Shape with a biscuit cutter. Bake at 450 for 12 - 15 minutes.

Banana Nut Bread (by Carlie Jensen)

Submitted by Judy Moyers

$\frac{1}{2}$ C Shortening
 1 C Sugar
 1 Tsp Baking Soda
 $\frac{1}{4}$ Tsp Salt

2 Eggs
 3 very ripe bananas, mashed
 2 C Flour
 1 C Pecans

3 Tbsp Buttermilk or
 Sour cream mixed
 with milk, or Yogurt

Mix and pour into greased loaf pans, or one big loaf pan, not more than half full. Bake at 350 for 50 minutes, or until you are sure it is done.

Buttermilk Pancakes

Submitted by: Judy Moyers

1 C flour
 1 Tsp Baking powder
 $\frac{1}{2}$ Tsp Baking soda

$\frac{1}{2}$ Tsp salt, or less
 1 or 2 Tbsp Sugar
 1 beaten egg

1 C buttermilk
 2 Tbsp Melted butter

Mix everything. Pour onto a griddle that makes the water dance when you sprinkle it on. Turn when bubbles begin to break.

Homemade Syrup

1 C brown sugar
 1 C sugar
 1 C water

Bring to boil. Add 2 or 3 drops of maple flavoring. This is very good.

Waffles

Submitted by: Judy Moyers

2 C flour
 2 Tsp Baking powder
 1 Tsp Salt

4 Tsp Sugar
 1 $\frac{1}{2}$ C milk
 5 Tbsp melted butter

3 large eggs, add 1
 more if they are
 small

MIX. Spray iron with Pam, make sure it is hot before you put in the waffle.

MAIN DISHES

Apricot Chicken

Submitted by: Jennifer Chambers

1 Pkg dry onion soup mix
1 C apricot jam
1 C French dressing

6-8 pieces of boneless, skinless
chicken breasts

Combine first 3 ingredients. Place chicken in crock pot. Pour sauce over top, making sure each piece has sauce on it. Cook on low 7-9 hours or high 3-4 hours. Serve with rice. Makes a great sauce.

Asian Lettuce Wraps

Submitted by: Ally Warner

1 Tbsp Sesame oil
1 lb. Chicken breast, cut in small pieces
2 green onions, chopped
1 stalk celery, diced
1 can water chestnuts, rinsed/chopped
1 slice ginger, chopped
1 clove garlic, minced
1 red pepper, seeded & diced

Sauce
1 Tbsp soy sauce
2 Tbsp oyster sauce
1 Tbsp water
1 Tsp sugar
1 Tbsp cornstarch mixed with 2
Tbsp water
1 head iceberg or romaine lettuce

Wash & dry lettuce & separate leaves, set aside. Mix together sauce ingredients. Heat oil in pan on high. Add garlic, ginger & green onions. Fry until the garlic & ginger are aromatic. Add chicken & cook until chicken is browned. Remove meat & add vegetables; cook a few minutes. Add chicken & sauce & cook on medium heat. Stir together cornstarch and water and add to sauce to thicken (Only do this step if the sauce needs to be thickened). Spoon mixture into lettuce and eat "taco style"! Try variations of veggies or sauces.

Chicken and Fruit Salad

Submitted by: DayNa

2 C chicken breast separated into chunks
1 bag tri-color rotini or any large pasta
2 cans chunk pineapple (drained)
2 C apple chunks (red & green for color)
2 C grapes (red, green) sliced in half
2 cans sliced water chestnuts
2 C cashew halves

2 C chopped celery
1 bunch green onions
1 large bottle pimento (opt)
1 C mayo
1 bottle coleslaw dressing (my
recommendation is Lighthouse
brand)

Combine all ingredients. Chill 4-24 hours before serving. Prep time: 30 minutes

Chicken Fettuccini Alfredo

Submitted by: Jennifer Chambers

1 (8 ounce) Cream Cheese ½ stick margarine
1 envelope Italian Salad Dressing Mix 1/3 soup can water
4 boneless, skinless chicken breasts 1 can cream of chicken soup

Cut up raw chicken into bite-sized pieces & toss into crock pot. Dump all ingredients on top of chicken. Cook on high for 3-4 hours or on low for 6-8 hours. Serve over fettuccini noodles. Also good on rice.

Chicken Pasta Salad (by Sara Green)

Submitted by: Natalie

1 ½ bags variety pasta cooked as directed
mixed veggies of any kind cooked as directed
3 large chicken breasts cooked and diced
2 Pkg ranch dressing prepared as directed (I like Hidden Valley)

Mix altogether while hot and serve. Leftovers are even good cold.

Clam Chowder (by Carlie Jensen)

Submitted by Judy Moyers

½ C chopped Carrots 2 C chopped Potatoes 1 Tsp Salt
½ C chopped Onions ½ C chopped Celery

Steam vegetable till tender. Make a white sauce with:

¼ lb. Butter 4 Tbsp Flour 1 Qt. Milk

Add: 2 TB. Onion Soup Mix 1 TB. Parsley

Cook until thickened. Add Vegetables and one can of drained minced clams. I usually double this recipe and serve in home made bread bowls.

Crock Pot BBQ Spare Ribs

Submitted by: Vanessa Openshaw

3 lbs spare ribs 1 sliced onion
salt and pepper 2 - 16 oz bottles BBQ sauce

Sprinkle ribs with Salt and pepper. Broil for 15 minutes to brown. Trim off excess fat. Put onions in bottom of crock pot. Put ribs on top. Pour sauce over top. Cover and cook for 8-10 hours on low or 4-5 hours on high.

Hamburger Rice Casserole

Submitted by: Suzanne Marshall

1 lb. lean ground beef	2 Tbsp Mrs. Dash
1 can of corn, drained	1 C uncooked rice
1 med. onion, chopped	1 C shredded cheddar cheese

While cooking rice (follow directions on bag) it should take 20 minutes during which time you can brown the meat in a large skillet with a lid (do not drain unless you didn't use lean meat) add chopped onion, stir to cook until the onions are clear looking and add Mrs. Dash. Add can of drained corn, put lid on and turn to low until rice is finished. When rice is done mix meat mixture and rice in a big bowl, and scoop into a casserole dish. Sprinkle with cheese and place in oven at 350 until cheese is melted. This recipe serves a family of four. All ingredients can be adjusted to fit the size or tastes of the family!

Layered Mexican Casserole

Submitted by: Jadean Sullivan

3 or 4 corn tortillas	1 can Spanish rice
1 lb. ground beef or 1 can chili	1 small onion, chopped
1 can refried beans	1 C grated cheese

Preheat oven to 325. Spray 9 inch square pan with Pam. Layer ingredients in order and bake for 30 minutes, or until cheese is melted. Serves four.

Sweet & Sour Chicken (By Katherine Myers) Submitted by: Rachel Woods

½ C Cornstarch	2-3 Cut up Chicken Breasts
1-2 Eggs	

Put cornstarch in a bowl and beaten egg(s) in a **separate** bowl. Dip chicken FIRST in the starch and THEN the egg. Put in sprayed skillet and brown both sides. Put browned chicken in a pan and cover with following sauce, bake around 350 until chicken is done:

Sweet and Sour Sauce

¼ C Water	½ C Vinegar	1 Tbsp Soy Sauce
¾ C Sugar	3 Tbsp Catsup	½ Tsp Garlic

Mix and heat until dissolved and thickened, needs to **almost** boil.

Alternative Sweet and Sour Sauce (personal favorite of Mario Woods):

1 C Brown Sugar	¼ C White Vinegar
1 Tbsp Catsup	1 Tbsp Soy Sauce or BBQ sauce
1 C Pineapple (or peach) Juice	2 Tsp Corn Starch mix with water

Teriyaki Beef Jerky (by Sharon Wright) Submitted by Judy Moyers

1 pound Jerky meat what ever you want, I use Flank round, or Sirloin Tip
Marinate in:

¾ Tsp Salt	1 Tbsp Brown sugar	2 Tbsp Soy Sauce
¼ Tsp Pepper	1 minced garlic clove	1 Tbsp Worchestshire sauce

Dry in oven 140 or 160 for 8 to 10 hours, until dry.

DESSERTS

7-Up Cake and Frosting (by Glen Johnson) Submitted by: Helen Lightcap

4 eggs	1 (10oz.) Seven-up soft drink
¾ C cooking oil	1 regular box instant lemon pudding mix
1 Pkg Duncan Hines Lemon Supreme Cake Mix	

Mix all ingredients until creamy. Bake in 3 round cake pans lined with wax paper for 25 minutes at 350 degrees.

Frosting

1 stick butter	2 eggs	1 can coconut
2 Tbsp flour	1 ½ C sugar	1 large can crushed pineapple

Cook all ingredients over medium heat until thick. Remove from heat. Add the can of coconut and spread frosting on top of each COOLED layer until stacked.

Basic Vanilla Ice Cream (BVIC) Submitted by: Urroner

1 quart heavy cream	1 pt egg beater or 3 eggs	2 C sugar
1 quart half and half	vanilla until you feel good	

Make it according to the instructions with the ice cream machine.

There are plenty of things that can be added to BVIC to liven things up. I have added brownies, Reese's Peanut Butter Cups, Butter Fingers, and strawberries to the BVIC. Let your imagination go wild about what to add.

Chocolate ice cream: Put a bag of semisweet or milk chocolate chips into a pan, add a pint of half and half (from above recipe) with it. Melt chocolate chips. Put in the fridge until it has cooled then add it to the mixture. Add toffee also.

Brownie Mix

Submitted by: Sherry Winter

Makes 16 cups of mix

4 C sifted flour	4 Tbsp baking powder
8 C sugar	4 Tsp salt
2 ½ C baking cocoa	2 C shortening

Mix all ingredients. Cut in shortening. Store in airtight container until ready to use. Keeps up to 4 months.

Brownie Recipe

2 C of above Brownie Mix	1 Tsp vanilla
2 eggs	½ C chopped walnuts

Mix all ingredients. Pour brownie mixture into an 8"x8" greased baking dish. Bake at 350 degrees for 20 to 25 minutes until done. You can sprinkle chocolate chips on top before baking for fun.

I don't know where I got this recipe but we do this every year around the holidays. It is also great to have on hand for compassionate service dishes or for refreshments for firesides or church activities.

Carmel Corn (by Carlie Jensen)

Submitted by Judy Moyers

1 C butter	1 Tsp Salt	6 qts. Air popped corn
2 C brown sugar	½ Tsp Baking soda	raw peanuts
½ white corn syrup	1 Tsp Vanilla	

Melt butter, stir in sugar, syrup, salt, bring to boil. Stir constantly. Then boil 5 minutes with out stirring. Remove from heat, stir in baking soda, and vanilla. Pour over corn. Add peanuts. Place in 250 for 1 hour, stir every 15 minutes.

Chocolate Pudding Dessert

Submitted by: Judy Moyers

Mix and pat Crust into 9 by 13 pan. Bake at 350 for 15 minutes.

Crust: 1 C flour ½ C butter softened ½ C pecans

Beat together, then add 1- 9 ounce cool whip. Spread on crust.

Filling: 1 – 8 ounce cream cheese, softened 1 C powder sugar

Next layer: 2 Pkg inst. chocolate pudding 2 ½ C milk ½ Tsp Vanilla

Mix and spread over last layer. Finally spread on another 9 ounce container of cool whip, sprinkle with pecans. Refrigerate. Devour.

Cindy's Brownies (by Barbara Hyde)

Submitted by Judy Moyers

1 yellow, white, or butter recipe, Duncan Heinz cake mix, dry
3/4 C melted butter 3/4 C pecans

Mix, it will be thin but it will thicken as you stir, press into 9 by 13 inch pan.

Topping

1 C brown sugar 2 - 8 ounce Pkg of cream cheese—room temperature
3/4 C pecans

Spread over top of cake mix. Bake at 350 for 20 to 30 minutes until it is browned and set, like a pumpkin pie. Cool, then cut.

Excellent Fruit Cake

Submitted by: Judy Moyers

6 C Brown Sugar	1 C honey or molasses	8 C flour
4 C butter	2 Tsp Cinnamon	2 Tsp Baking soda in a little hot water
12 eggs	2 Tsp Nutmeg	
1 C butter milk	1 1/2 Tsp Cloves	

Mix by hand. Add: 17 pounds of fruit 5 to 7 quarts of pecans

Line pans with foil if desired spray with Pam, or spray pans. Do not fill more than 2/3 full. Try cooking in a pan filled half full of water, to prevent over cooking. Bake at 275. Cake is done when toothpick comes out clean. Let it rest for 10 minutes before removing from pan to cool.

This will make 8 large cakes, and 8 small cakes.

Goey Hot Fudge Sauce

Submitted by: Cheryl Jorgensen

My family loves this because it's smooth, not grainy, goey & so chocolaty!

4 squares unsweetened baking chocolate	
1/2 C butter (not margarine)	1/2 C brown sugar
1/3 C baking cocoa	1 C whipping cream
1 C sugar	1 Tsp vanilla

Melt unsweetened baking chocolate and butter over low to medium heat in a 2-quart saucepan. Add cocoa and sugars to chocolate/butter mixture. Stir. Add whipping cream and stir constantly for about 10 min. Remove from heat and stir in vanilla. May serve over ice cream or other dessert immediately or refrigerate in a covered jar/container until ready to use (To reheat: on high microwave 30 sec. at a time but stir and watch carefully so it doesn't burn).

Mom's Sugar Cookies (by Loretta Mosher) Submitted by: Nina Callaway

Note: Best melt-in-your-mouth sugar cookies ever. Good choice for Christmas cookies.

1 C powdered sugar	2 eggs	1 Tsp cream of tartar
1 C granulated sugar	1 Tsp vanilla extract	1 Tsp (scant) salt
1 C butter	4 C sifted flour	
1 C oil	1 Tsp soda	

Cream together powdered sugar, granulated sugar, butter, oil and eggs. Add flour and dry ingredients. Roll in balls. Dip in granulated sugar. Bake at 350 to 375 degrees for 10 minutes. For convection oven users, bake at 323 for 13 minutes. Makes approx 5 dozen cookies.

Pecan Brittle (by Carlie Jensen) Submitted by Judy Moyers

6 ounces Pecans (I just use 1 C)	¼ C water
2 sticks of Butter	pinch of salt
1 C sugar	

Sprinkle nuts on cookie sheet.

Add all other ingredients in a medium pot. Cook on medium heat, stir constantly, keep your eye on what it is doing at the bottom of the pot, when it starts to turn Carmel color it is time to pour it over the nuts.

Pumpkin Cookies Submitted by: Donna

1 ¾ C Shortening	7 Tsp Baking Powder
3 ½ C Sugar	1 Tsp Vanilla
7 Eggs	1 Tsp Ginger
1 Large can Pumpkin	1 Tsp Soda
5 C Flour (little more)	Same chopped nuts
3 ½ Tsp Cinnamon	

Drop cookies, Bake at 375 for 10 Min. Makes Large Batch

Frosting if you want:

1 Large Pkg Cream Cheese	Powdered Sugar as needed, mix
½ Square Margarine	together till smooth.

Scottish Trifle

Submitted by: June Roy

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|---|----------------------|
| 1 Pkg of strawberry gelatin (small) | 1 C cold water |
| 1 C boiling water | 1 can fruit cocktail |
| 2 C of cake cubes (any kind of cake will do, I use vanilla sponge cake) | |
| 1 Pkg of vanilla instant pudding | ½ C thawed cool whip |

Put cake cubes in the bottom of a serving bowl. Make gelatin and pour over the cubes. Then cover with fruit. Let it stand till set. Maybe overnight. Then make instant pudding and pour it over set gelatin. Let it sit in fridge for a while. Then cover with the whipped cream or cool whip. Garnish with fruit if desired. Makes about 6- 10 servings.

MISCELLANEOUS**Beau Monde Dip**

Submitted by: Donelle Kersey

Mix:

- | | |
|--|---------------------------|
| 1 Pint Sour Cream | 1 Tsp Parsley Flakes |
| 1 Pint Mayonnaise | 1 Tsp Crushed Dill Weed |
| 1 Tsp Beau Monde Seasoning
(found in spice section) | 2 Tsp Chopped Green Onion |

*Best if made night before, really yummy for dipping potato chips & veggies.

Buttermilk Syrup (Katherine Myers)

Submitted by: Rachel Woods

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|------------------|------------------------|-------------------------|
| 1 Cube Margarine | ½ C Buttermilk or milk | 1 Tbsp White Corn Syrup |
| 1 C Sugar | ½ Tsp Soda | |

Melt margarine, remove from heat, stir in other ingredients. Boil for five minutes. Remove from heat and add 1 Tsp vanilla. Perfect for pancakes or as an ice cream topping.

Canned Tomatoe Soup

Submitted by: Joyce Alm

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|-------------------------|------------------|-----------------|
| 14 quarts ripe tomatoes | 14 stalks celery | 7 medium onions |
|-------------------------|------------------|-----------------|

- Chop and cook onions and celery. Put through a sieve. Cook tomatoes with:
- | | | |
|-----------------|---------------|---------------------|
| 14 bay leaves | 12 Tbsp sugar | 4 red chili peppers |
| 21 whole cloves | 4 Tbsp salt | |

Put through a sieve and add to other vegetables. Mix 14 Tbsp flour with water and add to mixture. Bring to a boil and bottle.

Fresh Tomatoe Relish (by Barbara Norman) Submitted by: Joyce Alm

2 C vinegar	2 Tbsp salt
½ C sugar	¼ C horseradish
2 quarts chopped tomatoes	1 ½ Tsp pepper
½ C chopped onions	1 Tbsp mustard seed
1 celery rib	½ Tsp ground cloves
1 medium green pepper	½ Tsp ground cinnamon

In a sauce pan bring vinegar and sugar to a boil. Remove from heat and cool completely. In a large bowl combine remaining ingredients and add vinegar, mix well. Spoon into containers. Refrigerate up to 2 weeks.

Granola Submitted by: Linda Boulton

3 C quick-cooking oats	1/3 C slivered almonds	¼ C honey
1/3 C wheat germ	1/3 C packed brown sugar	1 Tsp vanilla
1/3 C sunflower seeds	½ Tsp cinnamon	½ C craisins (dried cranberries)
1/3 C sesame seeds	1/3 C canola oil	

Place oats, wheat germ, sunflower seeds, sesame seeds and almonds in ungreased 2 qt. Bowl. Heat in microwave on full power for 2 minutes.

Add brown sugar and cinnamon to mixture. Stir to blend.

Add oil, honey, and vanilla to dry ingredients. Toss lightly, until coated. Cook in microwave on level 7 for about 6 minutes, or until heated through. Stir twice during cooking.

Add cranberries. Cook in microwave on full power for 1-2 minutes or until ingredients are heated through. Press granola onto baking sheet. Cool completely. Break into pieces and store in tightly-covered container or in the refrigerator. Makes 6 cups.

Wassail, LDS Style (By Katherine Myers) Submitted by: Rachel Woods

Put the following into a crock pot:

1 Frozen Apple Juice (Add water according to container)
1 Orange, wash outside (don't peel), slice

Put the following in a bag/thin cloth (or tea bag) and put in crock pot:

1 Whole Clove 2 Tbsp Whole Allspice Several Cinnamon Sticks

Simmer for an hour or until flavor is just right. Perfect for Christmas cider.