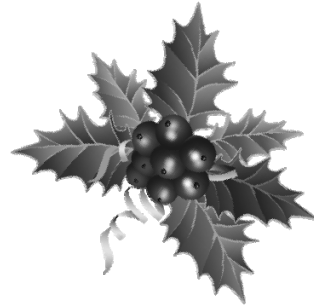


Spiced Wassail

It is such a memorable experience to wake up to the smell of simmering spiced wassail, especially on a special holiday morning!

- 1 qt. unsweetened apple juice or cider
- 3 c. regular OR reduced-calorie cranberry juice cocktail
- 3 c. pineapple juice
- 1 large orange, sliced
- 1 lemon, sliced
- 1 stick cinnamon (or ¼ tsp. ground cinnamon)
- 6 whole cloves (or ¼ tsp/ ground cloves)



1. In a large saucepan (or slow cooker), combine all ingredients.
2. Bring to a boil. Reduce heat and cover.
3. Simmer for 30 minutes (longer in the slow cooker). Discard whole spices before serving.
4. *Note: If you like a sweeter wassail, add sugar or sweetener of choice by ¼ c. increments at a time until desired taste is acquired. Of course, this changes the nutritional content.*

Yield: 10 cups

Nutritional Information: Per 8 oz. cup:

Calories: 132 (102 w/ reduced-calorie cranberry juice)
Total Fat: 0 g
Cholesterol: 0 mg
Carbohydrates: 32 g (25 w/ reduced-calorie cranberry juice)
Fiber: <1 g
Protein: 0 g

A childhood favorite I made with my aunt!