

Hot Cranberry Punch

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Yield: 5 cups

6 cups water

4 cups fresh or frozen cranberries

1/3 to 1/2 cup sugar

2 two-inch sticks cinnamon

10 whole cloves

2 black tea bags

zest of one lemon (1/2 teaspoon)

juice of one lemon (one tablespoon)

1/2 teaspoon orange zest

1/2 cup rum (optional)

cranberries (for garnish)

bay leaves (for garnish)

Preparation Time: 10 minutes

In a large saucepan, bring the water to a boil. Add the cranberries. Boil gently for 3 to 4 minutes or until the skins burst. Pour the mixture through a fine-mesh sieve, pressing lightly on the cranberries. Discard the solids. Return the strained liquid to the saucepan.

Stir in the sugar, cinnamon sticks and cloves. Bring to a boil, stirring to dissolve the sugar. Reduce the heat. Simmer, uncovered, for 5 minutes. Remove from the heat.

Add the tea bags, lemon zest, lemon juice and orange zest. Let stand for 3 minutes. Discard the tea bags.

If desired, stir in the rum. Transfer to a punch bowl. Garnish with additional cranberries and fresh bay leaves.

Per Serving (excluding unknown items): 505 Calories; 14g Fat (20.1% calories from fat); 4g Protein; 117g Carbohydrate; 30g Dietary Fiber; 0mg Cholesterol; 207mg Sodium. Exchanges: 3 1/2 Grain(Starch); 0 Fruit; 2 1/2 Fat; 4 1/2 Other Carbohydrates.