
Skier`s Delight

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

1 quart burgundy wine

4 oranges, studded with six cloves and sliced

4 lemons, sliced

3 sticks cinnamon, in pieces

1 cup sugar

In a saucepan, heat the wine to a simmer. Add the fruit, spices and sugar. Stir to dissolve the sugar.

Cook for 10 minutes over low heat.

Remove the fruit pieces and cloves.

Serve in heavy mugs on a cold winter evening.

Yield: 4 to 6 servings

Per Serving (excluding unknown items): 1120 Calories; 2g Fat (1.4% calories from fat); 8g Protein; 302g Carbohydrate; 26g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 1 Grain(Starch); 5 Fruit; 0 Fat; 13 1/2 Other Carbohydrates.