

Golden Wassail

Better Homes & Gardens Magazine

Yield: 10 cups

4 cups unsweetened pineapple juice

4 cups apple cider OR apple juice

1 1/2 cups apricot nectar

1 cup orange juice

2 three-inch sticks cinnamon

1 teaspoon whole cloves

*1/4 teaspoon whole cardamom seeds,
crushed*

cinnamon sticks (for garnish)

(optional)

apple slices (for garnish) (optional)

In a large saucepan, combine all of the ingredients. Bring to a boil. Reduce the heat. Simmer, uncovered, for 15 minutes. Strain. Discard the cloves and cardamom.

If desired, decorate the bowl by wetting the rim and dusting with gold luster dust.

Transfer the punch to the bowl.

If desired, garnish with additional cardamom sticks and apple slices.

Per Serving (excluding unknown items): 925 Calories; 2g Fat (2.3% calories from fat); 7g Protein; 230g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 33mg Sodium. Exchanges: 1 Grain(Starch); 14 1/2 Fruit; 0 Fat.