

Wassail

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Servings: 10

*1 gallon apple juice
1 cup pineapple juice
1 cup orange juice
juice of one lemon
3 sticks cinnamon
25 whole cloves
1 orange*

Preparation Time: 10 minutes**Cook Time: 30 minutes**

In a large pot or slow cooker, combine the apple juice, pineapple juice, orange juice, lemon juice and cinnamon sticks.

Poke the cloves into the orange. Cut the orange in half. Place the orange halves in the pot of fruit juice.

Simmer for 30 minutes.

Remove the orange, cloves and cinnamon sticks before serving.

Per Serving (excluding unknown items): 276 Calories; 4g Fat (11.5% calories from fat); 2g Protein; 66g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 53mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Fruit; 1/2 Fat.