

Easy Mulled Cranberry Juice

If you're chilly and looking for a great way to warm up, this mulled cranberry juice is just the thing. The scent of the cinnamon, ginger, and cloves will warm up your whole house.

Ingredients:

- 1 cup fresh cranberries
- 3 cups water
- 2 cinnamon sticks
- 2 slices fresh ginger (about 1/4 inch thick each)
- 4 whole cloves
- Sweetener equivalent to 2 tbsp sugar
- 2 star anise (optional)



<http://asweetlife.org/recipes/easy-mulled-cranberry-juice/>

Preparation:

In a large pot over medium high heat, combine cranberries, water, cinnamon sticks, ginger, and cloves. Bring to a boil and turn heat to low. Simmer until berries pop and release their juice, 5 to 10 minutes.

Remove from heat and let steep another 15 minutes. Strain through a sieve, pressing on solids to release as much juice as possible. Return to pot over low heat and add sweetener. Stir to dissolve if sweetener is granulated.

Divide among 2 mugs and garnish each with star anise. Serve hot.

Serves: 2

Nutrition Facts	
Serving Size 2	
Amount Per Serving	
Calories 23	
% Daily Values*	
Total Fat 0.04g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 3.96g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0.21g	0%

*Percent Daily Values are based on a 2,000 calorie diet.