

Ingredients

1. Mix all ingredients together in a large microwavable bowl, cook on HIGH for 5 minutes
2. Remove from heat, stand for a few minutes to infuse.
3. To serve, bring back to a simmer; (remove sachet or discard cloves and cinnamon).
4. Serve in warm glasses garnished with orange and lemon slices.

300ml Cranberry/red grape juice**1 Lemon, chopped****1 Orange, chopped****1 Dessert apple chopped****sachet mulling spices****or 6 Cloves, 1****Cinnamon stick**

Serves 6—8



treat

'What's Cooking !' Recipe Cards**MULLED FRUIT PUNCH - NON-ALCOHOLIC****Food Fact:-****Great way of boosting your
Five - A - Day!****Preparation time** 8 mins**Cooking time** 5 mins