



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Cranberry-Apple Wassail

- 8 cups Apple Juice, *unsweetened*
- 3 cups Cranberry Juice, *unsweetened*
- 3 cups Spring or Filtered Water

- ½ cup Honey
- ½ tsp. Nutmeg, *ground*

- 12 Cloves
- 3 Cinnamon Sticks
- 1 Orange

- 6 Whole Allspice Berries
or
½ tsp. Allspice, *ground*



1. In a slow cooker, heat all ingredients, except the orange, at a low setting for 5 to 6 hours.
2. Remove the cooled fruit.
3. Serve drink garnished with fresh slices of orange.