

## Warm Cranberry Juice with Cloves

Servings: 4  
Prep Time: 5 minutes  
Cook Time: 15 minutes  
Storage: 3 days in refrigerator  
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### Ingredients

- 4 cups unsweetened cranberry juice or 3 ½ cups water with 1 cup whole fresh or frozen cranberries
- 1 apple, peeled, cored and chopped
- 4 cups water
- 5 whole cloves
- 1 cinnamon stick
- Thumb size fresh ginger, sliced
- Sweetener of choice, optional

Put the cranberry juice (or water with fresh or frozen cranberries) and apple in the blender and blend until smooth.

Transfer liquid to saucepan, add water, cloves, cinnamon stick, and ginger. Cook over medium heat to steaming about 15 minutes.

Strain to serve. Add sweetener to taste.

Adapted *Eat. Taste. Heal book recipe*

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