



@KICKCRAMPSASS

WARM SPICED CRANBERRY LEMONADE

SERVES: ONE 12 OZ CUP

INGREDIENTS

- 8 OZ CRANBERRY JUICE (OR 1 CUP OF CRANBERRIES STRAINED)
- 3 OZ ORANGE JUICE
- 1 OZ LEMON JUICE
- ½ CINNAMON STICK (OR 1/4 TEASPOON GROUND)
- 2 ALL SPICE CLOVES (OR 1/8 TEASPOON GROUND)
- 1 INCH FRESH GINGER (OR 1/4 TEASPOON GROUND)
- 1 DATE (OR 1 TEASPOON MAPLE SYRUP)

NUTRITION FACTS

- CALORIES: 195
- TOTAL FAT: 0.48G
- SATURATED FAT: 0.06G
- SODIUM: 7MG
- POTASSIUM: 277MG
- TOTAL CARBOHYDRATES: 49.07G
- DIETARY FIBER: 1.5G
- SUGARS: 39.26G
- PROTEIN: 0.97G
- VITAMIN A: 58IU
- MAGNESIUM: 19MG
- PHOSPHOROUS: 25MG
- VITAMIN C: 135.8MG
- CALCIUM: 30MG
- IRON: 0.57MG
- VITAMIN K: 2.7UG
- ZINC: 0.22MG
- VITAMIN E: 0.74MG

PROCEDURE

- 01** ADD THE CRANBERRY JUICE, ORANGE JUICE, LEMON JUICE, CINNAMON, CLOVES, DATE, AND GINGER IN A SMALL PAN THEN BRING TO A BOIL.
- 02** REDUCE THE HEAT AND SIMMER FOR 5-7 MINUTES.
- 03** REMOVE FROM THE HEAT, ADD THE MAPLE SYRUP IF YOU DID NOT USE A DATE, AND STRAIN THE SPICES OFF.
- 04** POUR INTO YOUR GLASS AND ENJOY!