



Pineapple Wassail

Ingredients:

- 2 1/2 cups water
- 2 regular-size orange pekoe tea bags
- 3/4 cup unsweetened pineapple juice
- 1/2 cup frozen orange juice concentrate
- 2 tablespoons honey
- 1/2 teaspoon lemon juice
- 3 whole cloves
- 1 (3-inch) cinnamon stick

Directions:

- Bring water to a boil; pour over tea bags. Cover; let stand 10 minutes. Discard bags.
- Combine tea and remaining ingredients in a saucepan; cook over medium-low heat 15 minutes or until heated. Discard whole spices. Pour into mugs.

Yield: 7 1/2-cup servings

Nutritional Information: CALORIES 66 (1% from fat); FAT 0.1g (sat 0.0g, mono 0.0g, poly 0.0g); IRON 0.2mg; CHOLESTEROL 0.0mg; CALCIUM 11mg; CARBOHYDRATE 16.5g; SODIUM 1mg; PROTEIN 0.6g; FIBER 0.2g

Recipe Source: Cooking Light, November 1996

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.