

## Beverages

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# Holiday Cranberry Punch

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

**4 cups fresh cranberries**

**1 quart unsweetened apple juice**

**1 quart water**

**2 tablespoons orange rind, grated**

**6 sticks (3-inch) cinnamon**

**12 whole cloves**

**1 quart unsweetened orange juice**

Wash and sort the cranberries. Drain well.

In a Dutch oven, combine the cranberries, apple juice, water, orange rind, cinnamon and cloves. Bring to a boil.

Reduce the heat and simmer for 5 minutes or until the cranberries pop.

Strain the punch mixture, discarding the pulp and spices. Return to the Dutch oven.

Add the orange juice. Cook over medium heat until thoroughly heated.

Serve hot.

Yield: 11 cups

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Per Serving (excluding unknown items): 560 Calories; 18g Fat (22.3% calories from fat); 8g Protein; 132g Carbohydrate; 66g Dietary Fiber; 0mg Cholesterol; 236mg Sodium. Exchanges: 5 1/2 Grain(Starch); 3 Fruit; 3 1/2 Fat.