

Herbal Legacy Recipes

Wonderful Tasting Cranberry Drink

Contributed by Janet H, St. George, Utah

Ingredients:

1 - 12 oz pkg fresh Cranberries

1 - 12 oz can of 100% frozen pineapple juice concentrate

1 - 2 shakes of ground cloves (depending on how much you like cloves)

Water to mix to make one gallon of drink

Directions:

Blend till smooth - cranberries, concentrate, ground cloves and water to fill 2/3 blender.

Pour in gallon pitcher and add water to fill to make one gallon. Stir.

Variations:

Orange, Apple or other 100% juice concentrate.

Other spices like cinnamon, allspice, mace, ginger - For a spicy drink: add 1/4 tsp each of these various spices, but only 1-2 shakes of cloves, or 1 tsp of your favorite one.