

Cranberry Drink

Ingredients:

- 1 quart light cranberry juice cocktail
- 1 (18 oz.) can pineapple juice
- 1 tsp. whole allspice
- 1 tsp. whole cloves
- 1/8 tsp. salt
- 1/8 tsp. ground nutmeg
- 7 cinnamon sticks



Nutrition Facts	
Serving Size 12 ounces (340g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 25g	
Protein 0g	
Vitamin A 2%	• Vitamin C 10%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions:

1. In large saucepan combine all ingredients and 1 cinnamon stick; slowly bring mixture to boiling. Reduce heat; cover and simmer for 20 minutes.
2. Remove from heat; pour juice mixture through strainer to remove whole spices. Serve warm with whole cinnamon stick in each cup.