

Recipe for Mulled Apple Juice

Make your own mulled apple juice using this recipe.

Important: Young children must get help from an adult for chopping and heating.

Ingredients:

Apple juice
Cinnamon stick x1
Cloves x 20-30
Orange x1
Star Anise x3
(Optional) Nutmeg x1

Equipment:

Hob or hot plate
Large pan
Wooden spoon
Sharp knife
Chopping board
Grater (if using whole nutmeg)

Instructions

1. Put the apple juice in the pan and switch on the hob to a medium heat.
2. Slice the orange into thick slices.
3. Push the long, pointy end of the cloves into the peel of the orange slices.
4. Add the cinnamon stick, star anise and clove-studded orange slices to the apple juice.
5. Grate in a small amount of nutmeg.
6. Heat over a medium heat for approximately 10 minutes
7. Drink and enjoy!

