

Make Winter

Serves 4

You need:

PUNCH

Four different pure unsweetened fruit juices (1 litre in total) e.g.

- orange
- red grape
- pineapple
- apple



Water

Spices:

- 10 whole cloves
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cinnamon stick
- star anise (optional)



Fruit:

- 1 orange
- 1 apple
- a handful of cranberries or redcurrants
- 1 lemon



Cooking equipment:

- a large saucepan
- a heatproof bowl
- a sieve
- a measuring jug
- a wooden spoon
- a small sharp knife
- a chopping board
- a lemon squeezer
- a ladle
- a mug (not plastic)



WARNING!
Needs adult help!

How to make it

1 Ask an adult to help you cut the orange in half then push about 10 cloves into one half.



What a delicious way to get one of your 5 A DAY!

2 Pour 250ml of each of your four fruit juices into your saucepan plus 250ml of water then stir in the ground cinnamon and nutmeg with the wooden spoon.



3 Add the orange to the pan together with the cinnamon stick and a star anise then ask an adult to gently heat the mixture on the stove. Let it simmer for 20 minutes then leave to cool slightly.



4 Hold the sieve over your bowl then pour over the mixture from your pan to remove the orange and the whole spices.



5 Ask an adult to help you slice up the other half of the orange and the apple. Add the slices to the bowl together with the cranberries or redcurrants and the juice of your lemon.



6 Use your jug or ladle to pour some punch into a mug - drink it and eat the fruit!

