

Low-cal cranberry cleanse

PREP TIME:

5 minutes

COOKING TIME:

LOW: 4 hours
or
HIGH: 2 hours

SERVES:

8 - 10

INGREDIENTS:

1 cup / 8 fl oz of pure cranberry juice
(not from concentrate)

7 cups / 56 fl oz of water

1 orange, juiced

1 Mulling Spices blend

Stevia to taste

PREPARE:

pour the cranberry juice, water and orange juice into your slow cooker

submerge the spice bag into the liquid and leave to steep

cover and cook on LOW: 4 hours or HIGH: 2 hours

discard spice bag after cooking

can be left on the warm setting for the rest of the day

