

Norma

Hot Spiced Drink for Cold

6 oz frozen apple juice - made as directed

6 oz orange juice "

$\frac{1}{2}$ cup reconstituted lemon juice

$\frac{1}{2}$ cup sugar

8 cloves

8 all spice buds

2 sticks cinnamon - broken

3 pieces crystal ginger - crush

Boil: simmer 15 min - strain - drink hot