

Mulled Christmas wine recipe

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Wrap your hands around a cup of mulled wine, that's rich in antioxidants and soothing herbs. Featuring a blend of elderberry, cinnamon, juniper, nutmeg, hibiscus, rosehip, orange and cloves, the concoction let's you celebrate the festive season without the guilt.

Ingredients

- 1 bottle of preservative free or organic red wine (you can omit the wine for a non-alcoholic mulled drink by simply adding water)
- 4 tablespoons of Ovvio Organic Mulled Christmas Tea
- 4 tablespoons of Organic Raw Honey or Coconut Sugar
- 1 cup of dried cranberries or currants
- 1 orange, thinly sliced with the skin
- ½ cup of blanched almond flakes

Method

Simmer all ingredients together in a pot for 20 minutes. Sieve and serve in mugs with a cinnamon stick and a slice of orange.

Recipe by Anthia Koullouros, naturopath and Founder of [Ovvio Organics](#).

Discover more about Anthia's health and wellness philosophy on [Ovvio Organics official](#)

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[website](#) and Instagram [@ovvioorganics](#).

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