



## **Mulling Spice**

A wonderful fragrant spice blend for warmed apple cider or red wine. Besides smelling wonderful, it's great for lowering blood pressure and full of antioxidants.

### ***Organic Ingredients:***

- Cinnamon
- Orange peel
- All spice
- Star anise
- Cloves
- Cardamom

### ***Dosage and Storage***

Keep in a cool, dry place.

Best if used by 7/2022

### ***Instructions***

#### For half gallon:

Fill a mulling ball or muslin bag with 3 tablespoons of mulling spice. Place the ball with half-gallon apple cider or red wine in a pan or crockpot. Heat slowly to desired temperature (do not boil).

#### For a single cup:

Fill a mulling ball or muslin bag with 1 teaspoon of mulling spice. Steep in the mug for 3 to 5 minutes, garnish with a cinnamon stick.

Enjoy the fragrance.

