



Mulled Wine Poached Fruit

By Mary Reilly



Servings: 4

Ingredients	Nutrient value per serving
<p>1½ c. red wine* 1½ c. water ¼ c. honey* 8 peppercorns 1 strip of orange zest (use a vegetables peeler to peel a strip off of a fresh orange) 1 cinnamon stick 1 firm-ripe pear, quartered and cored 8 pitted prunes</p> <p>*For vegan members who do not use honey, ¼ c. maple syrup can be substituted.</p> <p>*Those who may have medications or concerns about alcohol, please note that most, but not all, alcohol will boil off. For a nonalcoholic option, substitute 1½ c. grape juice for the red wine.</p>	<p>Exchanges 1 fruit 1 other carb 1 free</p> <p>Calories353 Calories from Fat.....0 Total Fat.....0 g Saturated Fat0 g Cholesterol0 mg Sodium5 mg Carbohydrate38 g Fiber4 g Sugar 30 g Protein.....0 g</p>
Instructions	Notes
<p>1. Combine the wine, water, honey, peppercorns, zest and cinnamon in a small saucepan. Bring to a simmer, Add the pears and prunes and let them poach until the pears are tender, about 15 min. 2. Remove the fruit from the pan and set aside. Increase the heat, and let the poaching liquid boil until it is reduced to about 1 c. of liquid. 3. Serve the fruit with 1 T. of the poaching liquid spooned over the top.</p>	<p>Prep and cook time: 20 min</p> <p><i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. VEGAN recipes are prepared without any animal products including fats, milk or eggs. Check the label on each ingredient to make sure the brand you are using does not contain these items in any form.</i></p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</p>