ST. JOHN THE APOSTLE · DECEMBER 27

Warm spiced grape juice for St. John’s Day

Prep 10 min **Cook** 20 min **Total** 30 min **Makes** About 4 cups, 6 small mugs **Level** Easy

ADULT SUPERVISION REQUIRED

Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot. Hot juice can scald. A grown-up does the stovetop work and the ladling, and mugs cool before children drink. Whole cloves are hard and sharp, so count them all out of the pot. Never give honey to babies under 12 months old.

ALLERGY INFORMATION

Made without the major food allergens. Check the grape juice label for added ingredients. Never give honey to babies under 12 months old. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

- 4 cups (1 liter) 100% grape juice, purple or white
- 1 orange
- 8 whole cloves
- 2 cinnamon sticks
- 1 to 2 tbsp honey or sugar, optional

METHOD

1. Cut the orange in half. Slice one half into rounds and squeeze the juice from the other half.
2. Press the cloves into the orange slices so they are easy to find later. Put the grape juice, orange juice, orange slices, and cinnamon sticks in a saucepan.
3. Warm over medium-low heat until steaming but not boiling, then turn the heat to low and let the spices steep for 15 to 20 minutes.
4. Taste, and stir in honey or sugar only if it needs it. Lift out the orange slices and cinnamon sticks with a slotted spoon, and count the cloves to be sure all 8 are out.
5. Ladle into mugs and let it cool until just warm before children drink. Raise your cups and say, “Drink the love of St. John.”

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Press the cloves into the orange slices
- Drop in the cinnamon sticks
- Count the cloves back out with a grown-up
- Lead the toast: “Drink the love of St. John”

GOOD TO KNOW

- For a crowd, use a slow cooker: warm everything on low for 1 to 2 hours, then keep it on the warm setting for serving.
- Leftovers keep in the fridge for 3 days. Rewarm them gently, or serve them cold over ice.

A BLESSING BEFORE WE EAT

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Saint John, beloved disciple, pray for us, and help us love one another as Jesus loves us.