

Mulled Wine



Totals are for one 8 ounce mug:

Calories 46 Fat 0g Fiber 0g Carbs 6.4g

What you'll need:

- 64 Ounce container of Ocean Spray Cranberry Spray (*the 5 calorie per 8 oz kind*)
 - ½ Cup Smuckers sugar free pancake syrup
 - 2 Cups red wine (*cheap wine is fine here*)
 - 1 Stick of cinnamon
 - 6 Whole cloves (*place cloves in a small spice bag OR if you don't have a spice bag – empty out a tea bag, place the cloves in the empty tea bag and then tie with thread to secure inside the bag – voila –instant spice bag. This is important – you don't want to swallow a clove whole. OUCH!*)
- 1 Large crock-pot - slow cooker

Let's get to cooking!

1. This may be the hardest recipe I'll ever give you. The difficulty in the precise way you need to go about measuring and preparing this recipe will boggle the mind. So here goes.
2. Dump all of the aforementioned ingredients in the slow cooker, stir, cover and turn it on high for one hour. Then turn it on low and serve it to your guests or to yourself. There! How's that for hard. HA! And this makes your whole house smell like clove and cinnamon. It stays good for hours and I think it's actually better the longer it cooks.

NOTE: This recipe makes 10 ½ cups of mulled wine.

A very festive **Kitty's Lighter Weigh** recipe!