

Consuelo's Fresh Fruit Punch

From the kitchen of Consuelo Cardenas, Eagle Pass

Preparation time: 45-60 minutes

Number of servings: 30

Ingredients:

½ gallon water

1 gallon apple juice

1 ½ cups brown sugar

4 cinnamon sticks

6 tangerines, peeled

1 teaspoon anise

5 cloves

2 cups fresh cranberries

2 cups seedless green grapes

2 cups seedless purple grapes

2 cups raisins

4 small green apples cut into squares

10 apricots cut into squares

Preparation:

1. Boil water, apple juice, brown sugar, cinnamon, anise, and cloves for about 20 minutes or until brown sugar dissolves. Remove cinnamon sticks and cloves.
2. Add all fruit and cook on low for about 30 minutes. Do not overcook or fruit will fall apart.
3. Serve warm or cold. When serving, do not pour hot punch into a glass bowl. Allow to cool or serve warm in a crockpot or ceramic bowl.
4. *You can refrigerate leftover punch. Store the fruit and juice separately. When ready to serve heat juice and add cold fruit to individual cups.

Nutrition information per serving:

FAT: 2% of calories from fat (low)

FIBER: 2 grams (high)

CALORIES: 181