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**Honeyed Spiced Wine**

This is a simple, unheated version of mulled wine or cider. In times past, with little fresh food in winter, the spice routes were fought over. People had learned by experience that the (anti-microbial) spices protected health, and kept cooked food safe longer, pre-refrigeration. Back in Dickensian times a tankard of spiced wine, ale or cider would be flash-heated by plunging in a red hot poker from the fire!

To a wine glass, add:

Honey, raw, enough to coat the end of a fork

½-1 tsp. cinnamon

¼-½ tsp. cloves

Mix honey and spice; add a little room temperature filtered water to bring to liquid state. Add:

½ glassful organic red wine

Juice of ½ organic lemon or orange

Top up glass with organic pomegranate or other high-antioxidant juice. For a festive occasion, just mix the above x the number of diners in a glass pitcher and pour into wine glasses.

A honeyed elixir, delectable enough to gulp, but sip slowly for a lovely aperitif.