



Mulled Nourish for Life™

4-6 Servings

Ingredients:

- 1 Bottle of Nourish for Life
- 2 Cinnamon Sticks
- 1 tsp Ground Nutmeg
- ½ Orange
- 2 Star Anise

Instructions: Slice the half orange. Pour the Nourish for Life in a saucepan. Add orange slices, cinnamon sticks, nutmeg and star anise. Heat gently (Do not boil). Let heat for about 10 minutes.
Serve and Enjoy!