

Ayurvedic Mulled Wine

According to Ayurveda, in the winter season, keeping our bodies warm with spice-infused delights is key. What better way to embrace the festive spirit than indulging in the aromatic, cozy joy of mulled wine?

Ingredients :

- 1 litre organic local wine
- 4 cardamom pods
- 2 cinnamon sticks
- 2 lemons
- 2 oranges
- 1 pc. fresh ginger (2 cm)
- 2 cloves
- ½ teaspoon allspice
- honey (to taste)



Preparation :

1. Squeeze the oranges and lemons and put juice in a large pot
2. Warm the juice up slowly
3. Add spices and steep for 10 mins.
4. Add the wine, simmer for another 10 mins, careful not to let the wine boil.
5. Remove from heat and sweeten to taste with honey if required.

Ayurvedic Mulled Wine (alcohol free)

According to Ayurveda, in the winter season, keeping our bodies warm with spice-infused delights is key. What better way to embrace the festive spirit than indulging in the aromatic, cozy joy of mulled wine?



Ingredients :

- 2 cinnamon sticks
- 5 cardamom pods
- 8 cloves
- 1 tbsp grated ginger
- 2 tea bags Rooibos or 1 tbsp Rooibos loose leaf
- 1.5 liters red grape juice
- 2 oranges sliced

Preparation :

1. Wash the oranges and cut them into thin slices
2. Grate the ginger and open the cardamom pods with a mortar and pestle
3. Add all ingredients into a big pot
4. Simmer on low heat for 20 minutes and put it through a sieve before serving.
5. Don't overcook it, as it can become bitter. If too sweet add plain water or ginger tea to dilute it a bit more.