## Quta



## Ingredients

3.5 pints natural apple juice

1 lemon, quartered
4 cloves
1 inch knob of fresh ginger
l orange, quartered
l cinnamon stick
Pinch of nutmeg

## Preparation

1 Bring all the ingredients to boil in a pan over a medium heat
2 Reduce the heat and simmer for 15 minutes
3 Strain the liquid and serve it hot in mugs or thick glasses
Cooks Note

