



**On the Sixth Day of Christmas,
my true love gave to me...**

Six Spices Muddling

Winter is the coldest season and so even if the ground is covered in slush (rather than the crisp white snow you see in every Christmas film), a festive drink should be warm and spicy. This fruity mocktail is just the thing to make you feel toasty inside when it's chilly out.

Ingredients (serves 2)

For the apple chips
an apple
cinnamon powder, to taste

For the mocktail
100ml innocent apple juice
sparkling water
a squeeze of lemon
ice

For the chai simple syrup
10 cardamom pods
1/2 tsp black peppercorns
1/2 tsp cloves
1 cinnamon stick
medium-sized thumb of ginger, peeled & chopped
1 teaspoon of vanilla extract
200ml honey
200ml water

Begin by making the spiced apple crisps. Preheat the oven to 160°C and line a baking sheet with parchment paper. Core an apple then slice it into the thinnest slices you can (aim for about 1mm thick). Sprinkle the slices with cinnamon and place on the baking sheet before popping in the oven. Bake these for about an hour, turning occasionally, until the crisps are light golden and dried out.

Next to make is the chai simple syrup: in a dry frying pan, toast all the spices (except the ginger and vanilla extract) until they start to release their aromas. Combine these in a small pan with the ginger and vanilla extract, honey and water and bring to the boil. Simmer for 5-10 minutes, stirring often (the longer you simmer, the stronger the spice flavours will be) then remove from the heat and strain. Transfer your syrup into a clean jar with a tight fitting lid.

Now fill two short glasses with ice. Pour in the chai simple syrup and innocent apple juice before squeezing a lemon on top and muddling it all together. Top with sparkling water and decorate with the spiced apple crisps.

We worked with 12 bloggers and asked each of them to create their own festive mocktail inspired by one of the 12 Days of Christmas. This delicious mocktail was created by Kate at The Little Loaf.