

Delicious December Mini Mincefruit Pies + Sweet Spiced Clotted Cream + Warming Wassail Celebratory Cups



delicious december mini mincefruit pies

preheat+mince+chop+zest

Preheat oven to 375 degrees F. Mince $\frac{3}{4}$ C mixed dried fruit (any mix of cranberries, raisins, apricots, cherries, blueberries, dates, or prunes) and add to a mixing bowl. Chop 1 apple and add to the bowl. Zest 1 organic orange. Add zest to bowl.

slice+squeeze+measure+mix

Slice the zested orange in quarters. Then squeeze all of the orange juice into the fruit bowl. Measure 2 T brown sugar, $\frac{1}{4}$ tsp pumpkin pie spice, and a pinch of salt and add it to the bowl. Mix everything together so that the fruit is evenly coated. Set aside for 10 minutes while you make the Clotted Cream (recipe below!)

line+fill+bake

Line a cupcake maker with wonton wrappers or pre-baked mini phyllo dough cups. Fill each cup with a T of mincefruit filing, distributing any extra fruit evenly among the cups. Bake for 15-20 minutes, or until wonton wrappers/phyllo cups are golden brown and fruit filling is warm and soft. Let cool slightly and top with Clotted Cream and a sprinkling of pumpkin pie spice!

::recipes continued::

Family Fun Recipes

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sweet spiced clotted cream

measure+pour+whip

Measure **¼ C heavy whipping cream or coconut cream** and pour it into a mixing bowl. Add **2 T sour cream or Greek yogurt**. Add a **pinch of pumpkin pie spice** and **1 T sugar**. Use a hand mixer to whip until soft peaks form. Serve a dollop over each baked mini mincefruit pie!

warming wassail celebratory cups

measure+squeeze+simmer+enjoy!

Measure **3 C apple juice** and add to a saucepot. Squeeze the juice from **1 orange** into the pot and add the squeezed orange to the pot. Add a **pinch of pumpkin pie spice**, too. Turn heat to medium-low, cover the pot partially, and let simmer for about 10 minutes. The whole orange will infuse the juice. After 10 minutes, remove the orange, let cool slightly, pour into cups and enjoy!

::continued::



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shopping list!

Delicious December Mini Mincefruit Pies

- 1 package mini phyllo dough cups OR wonton wrappers. Substitute gluten-free, thawed, unbaked pie crust (found in frozen section of grocery store)
- 1 organic orange
- $\frac{1}{4}$ tsp pumpkin pie spice
- Pinch salt
- $\frac{3}{4}$ C mixed dried fruit

Sweet Spiced Clotted Cream

- $\frac{1}{4}$ C heavy whipping cream/coconut cream
- 2 T sour cream/Greek yogurt
- Pinch pumpkin pie spice
- 1 T sugar

Warming Wassail Celebratory Cups

- 3 C apple juice
- 1 organic orange
- Pinch pumpkin pie spice

::continued::

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Let's learn about Mincemeat!

A mincemeat pie comes from British origin. It is traditionally made with a mixture of dried fruits, meat, beef fat, and spices called “mincemeat,” and is served around Christmastime.

Mincemeat was invented as a way of preserving meat without salting or smoking it back in England around 500 years ago.

Early versions of Mincemeat Pie were known by several names, including Mutton Pie, Shrid Pie, and Christmas Pie.

Mincemeat pies were once made in the shape of an oval and were a sign of wealth. If you could afford to have mincemeat pies at your holiday party, it meant you could afford to employ the very best of pastry chefs! Mincemeat pies are now baked into round shapes and are served hot or cold, often with ice cream or whipped cream.

These days, you can buy jarred mincemeat at the grocery store!

On Christmas Eve, children in the UK often leave out mince pies with brandy or some similar drink for Father Christmas, and a carrot for the reindeer.

Let's learn about Wassail!

★Wassail is a medieval Christmastime spiced drink made of mixed juices and spices that simmers on the stove and is enjoyed hot!

★People drank wassail hundreds of years ago as a ritual to bring forth a good apple cider harvest the following year.

★The word “Wassail” means “To be healthy”

★Wassail evolved into a hot drink served in a big bowl and topped with slices of toast to sop up the juice with. A “sop” is a piece of bread or toast drenched in liquid and then eaten. “Soup” and “Sop” come from the same German word!

Time for a laugh!

What did the baby grape say to the papa grape? **You did a GRAPE job RAISIN me!**

Why did the Raisin take a Prune to the Prom? **Because he couldn't find a Date!**

What can a whole mincemeat pie do that half a mincemeat pie can't do? **It can look round.**

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