
Neuroprotective Classic Wintertime Drinks

Two cozy wintertime classic drinks brimming with neuroprotective ingredients. Mulled Wine is a traditional wintertime drink, often served at European holiday markets to warm the chilly shoppers. Hot Spiced Cider embraces the flavors of the season as non-alcoholic option. Either will make your home smell delightful. There's nothing better on a cold days.

How are the ingredients for Mulled Wine and Hot Spiced Cider Fork **Better** foods for MS?

Apple Skin

The skin of apples is a source of ursolic acid, a natural anti-inflammatory molecule that promotes oligodendrocyte maturation and Central Nervous System (CNS) myelin repair. In animal models, ursolic acid improves remyelination and neural repair, even in animals with established chronic-progressive disease.

Cinnamon

Cinnamon is the food source of sodium benzoate, a molecule that reduces inflammation in the CNS, restores promyelinating growth factors, and shows immunomodulation in the animal model of MS, blocking the development of the disease.

Cloves

Cloves are one of the highest antioxidant foods. With such high antioxidant potential, even small amounts added to foods can boost antioxidant protection.

Honey

Though high in sugar, which should be kept to a minimum for better brain health, honey also contains polyphenols which act as brain protecting antioxidants, scavenging neurotoxic reactive oxygen species.

Orange Rind

Orange rind contains hesperidin, a neuroprotective molecule that prevents damage to cells in the brain through its antioxidant and anti-inflammatory properties.

Wine

Wine has been used throughout history as a way to preserve antioxidants to be consumed year round. Red wine is a good source of resveratrol, which reduces neuroinflammation and protects the BBB against oxidative stress.

To learn more about neuroprotective foods and how to eat for better brain health, sign up for a cooking class with Dr. Bates at the Judi Volk -Weiss Wellness Center of the IMSMP. Email KitchenLab@IMSMP.org

Mulled Wine

“Wine is a thing wonderfully appropriate to man if, in health as in disease, it is administered with appropriate and just measure according to the individual constitution.” – Hippocrates, the father of medicine

This wintertime favorite of European pubs and holiday markets makes a warm cup of cheer, and will perfume the air with its citrus and spice aroma.

- 1 bottle of fruity red wine — medium quality
not too precious, but good enough to drink, Merlot and Red Zinfandel are good choices
- 3 organic oranges
- 6 whole cloves
- 2 whole cinnamon sticks, and more for garnish
- 3-4 Tbsp honey, to taste

- 1 Pour the wine into a heavy bottomed pot.
- 2 Cut the first orange in half.
Juice the orange directly into the pot.
- 3 Cut the second orange in half.
Pierce the skin with the pointy ends of the cloves, add to the pot, with the cinnamon sticks.
- 4 Slice the third orange into thin slices.
Add half of the orange slices to the pot, and reserve the other half for garnish.
- 5 Over low temperature, gently heat the mixture until it is steaming but not boiling.
Stir in the honey and give it a taste.
Allow the spices to steep into the wine over low heat for 20 - 60 minutes.
The citrus and spice flavor will get stronger the longer you cook it.
- 6 Strain the mulled wine into small mugs.
Serve with cinnamon stick and orange slice to garnish.

Serves 4

Please drink responsibly in moderation.

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Hot Spiced Cider

A cold weather classic, this non-alcoholic option is full of cozy spice and flavor. Naturally sweet, the pungent spices and bitterness from the orange rind give the cider nuance and sophistication.

- 1/2 gallon fresh apple cider
- 2 organic oranges
- 10 cloves
- 2 cinnamon sticks, and more for garnish

- 1 Pour the apple cider into heavy bottomed pot.
- 2 Cut the oranges in half.
Squeeze the orange juice into the pot, reserving the skins.
Pierce the orange skins with the pointy ends of the cloves and add them to the pot along with the cinnamon sticks.
- 3 Over low temperature, gently heat the mixture until it is steaming but not boiling.
Allow the spices to steep in the cider over low heat for 20 - 60 minutes.
The citrus and spice flavor will get stronger the longer you cook it.
- 4 Strain the warm cider into small mugs and serve garnished with a cinnamon stick.

Serves 6

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