

Ponche navideño light con chia y agave (Warm Holiday Fruit Punch with Fiber Support)

Makes 6-8 servings

Ingredients with Glycemic Index (GI) Reference

Ingredient	Amount	GI
Water	8 cups	0
Cinnamon sticks	2	NA
Whole cloves	2	NA
Orange peel	1 strip	~10
Guava	1-2	~35
Apple or pear	1	~35-40
Jamaica (hibiscus)	small handful	~35
Agave nectar	3 tablespoons max	10-20
Chia seeds	1-2 tablespoons	1-5

Instructions for Ponche

1. Aromatic Base

- In a pot, simmer water with cinnamon sticks, cloves, and orange peel for 10 minutes.

2. Add Fruit

- Add guava, apple or pear, and Jamaica (hibiscus).
- Simmer together for 15 to 20 minutes. Look for infused aroma, not reduced liquid.

3. Sweeten

- Turn heat off.
- Stir in agave – just enough to lightly sweeten (not coat fruit).

4. Add Chia Gel (recipe follows)

- Stir bloomed chia into the warm ponche before serving.
- Serve in mugs with fruit floating.

Instructions for Chia Gel

Ingredients

- ✓ 1 to 2 tablespoons chia seeds
- ✓ ¼ cup warm water

Instructions

1. In a small bowl or cup, combine chia seeds with warm water.
2. Stir well. Let it sit for 5 to 10 minutes until it forms a gel-like consistency.
3. Stir again before adding to the finished ponche (after removing from heat).
4. Mix gently into each serving or stir into the pot right before serving.

Recipe used with permission from Dr. Claudia Serrato.