

Fresh Cranberry Sauce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 26 Serving Size: 1 ounce

Ingredients	Quantity	Measure
Fresh cranberries	1	pound
Sugar	1	cup
Orange (supreme the orange)	1	each
Water, just enough to cover the cranberries		as needed

Preparation

1. Wash cranberries.
2. Put half of the cranberries and sugar in a 2-quart pot. Cover with water and bring to a boil.
3. Add the remaining cranberries and orange sections to the pot.
4. Bring the cranberries back to a boil, reduce heat, and stir often.
5. Continue to simmer until slightly jelled. Remove from heat.
6. Cool down and refrigerate overnight.

Notes

This will last for several weeks.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 41 Total Fat: 0g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 11g Fiber: 1g Total Sugars: 9g Protein: 0.2g Sodium: 0mg
Vitamin A: 0µg Vitamin C: 6mg Calcium: 4mg Iron: 0mg Folate: 2µg

